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goodfood

July 2019
DHS15

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Middle East

Summer's best!

- Triple layered berry cheesecake
- Cooling chipotle gazpacho
- Strawberry, feta & thyme tart

**Easiest
ever
midweek
meals**

Family FAVOURITES

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- + Macaroni cheese with veg
- + Sticky teriyaki chicken & peanut satay slaw
- + Strawberry shortcake slice

HEALTHY LUNCHES

Fresh, nutritious dishes
to liven up lunchtime

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Tried & tested recipes | Abu Dhabi dining offers | Restaurants to try in Dubai | 3 trips to take in the UAE

ALL-OUT BRUNCH Summer

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Welcome to July!

This month at *BBC Good Food Middle East*, we're delighting in beautiful summer ingredients, keeping things light and fresh, and designing recipes that are perfect for enjoying during this hot time of year.

Welcome the vibrancy of summer inside your kitchen with fruity, zesty flavours from page 41 onwards (*Summer's here*). With strawberries in season and readily available in all local supermarkets, make them the star of your plate with both sweet and savoury recipes like strawberry, feta & thyme tart, strawberry, tomato & watercress salad with honey & pink pepper dressing, or a gluten-free strawberry & pistachio olive oil cake that your family is sure to love.

With children now on summer holidays, we have a great selection of kid-friendly recipes from page 52 onwards (*Everyday favourites, made healthier*), which are perfect for letting the little ones get involved in the kitchen – the mac and cheese recipe is sure to have them rearing to help out. Also, be sure to check out Atlantis, The Palm's mini chef summer camp offering details on page 7.

If you're looking for dining out options, we have a great selection of this month's hottest restaurant offers from page 8 onwards, including this season's newest must-try brunches, including the likes of new launches at Taikun in Vida Downtown Dubai, Opa at Fairmont Dubai, Verve at Grand Plaza Movenpick Media City, Matagi at Emerald Palace Kempinski Dubai, plus more.

You'll also find a range of new health-led openings such as Origins at VIDA Emirates Hills, plus gluten-free and vegan menu launches at Café Bateel and Ronda Locatelli on our health news pages from page 60.

Wishing you a wonderful July,



Sophie
Editor

WHAT WE'RE LOVING!



"This garden salmon salad is a fresh and nutritious option to liven up your al-desko lunch menu," says sales executive, Liz.



Online editor, Glesni says: "For a healthy yet hearty dinner option, try our barley & broad bean risotto."



"For a Jamaican-inspired dish that packs a lot of flavour, don't miss the jerk cod & creamed corn recipe on page 27," says graphic designer, Froilan.



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Contents

★ UPDATE

4 YOUR SAY

We love hearing from you, so why not write to us with your views and comments.

6 NEWS NIBBLES

The latest food news from across the region.

8 FLAVOURS OF THE MONTH

The best restaurant offers in Dubai.

12 EAT OUT: ABU DHABI

Our round-up of dining deals in the capital this month.

14 TRIED AND TASTED

Each month we review one of the hottest new tables in the city. This month, it's Akira Back at W The Palm.

★ EASY

20 4 WAYS WITH BURGERS

Burgers are a summer staple. Here, are four delicious ways to create a family favourite.

22 EASIEST EVER MIDWEEK MEALS

A great meal need not be complicated. This easy-to-make recipes are hassle-free and delicious.

30 A LAST-MINUTE CAKE

Left making the cake till last-minute? Don't panic. This recipe is designed to be hassle-free and quick to prepare.

★ WEEKEND

34 HARRISA HEAVEN

A popular Middle Eastern flavour, used in delicious new ways.

41 SUMMER'S HERE

Try cooking with the best of this season's beautiful ingredients.



52 EVERYDAY FAVOURITES MADE HEALTHIER

These healthy recipes are designed for sharing with friends and family.



* HEALTH

60 HEALTH NEWS

Top tips for wellness and staying in shape.

62 NO-COOK LUNCHES

Enjoy a healthy lunch that takes 10-mins or less to prepare.

66 SATISFYING DESK LUNCHES

Easy-to-make al-desko recipes that taste great and pack a nutritious punch.



* GOURMET LIFESTYLE

70 3 LOCAL TRIPS TO TAKE

Three must-visit local resorts to visit in the UAE this year.

* COMPETITIONS

78 Dining vouchers, kitchen goodies and more up for grabs.



Our recipe descriptions

V Suitable for vegetarians.

🧊 You can freeze it.

🚫 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

🐷 Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



Hi BBCGfME team, thank you for another great issue. I enjoyed most reading about where to eat out in Abu Dhabi. Living in Dubai and only travelling occasionally to Abu Dhabi, I am not always familiar with the best places where to eat out and what's new in town. Especially when visiting with family and visitors it's good to know the best places. We went to try Hakkasan Abu Dhabi at Emirates Palace as recommended in the magazine and it was a fabulous experience. From outstanding service to an amazing food experience! Thank you.

Sarah Steck



In the June issue of BBC Good Food ME, the write up on the midweek meals was fantastic – I shared it with my wife so we could make some quick and exciting new meals during the week rather than the monotonous meals we

usually have. As a working couple, it gets difficult to cook at the end of the day and if we are tired and lazy, we end up eating out a lot but this article was very interesting as it allowed us to have good tasty food made quickly. We absolutely loved the Crispy Chilly Turkey Noodles & the Green Bean Pesto Gnocchi along with all the other dishes mentioned. Thank you for the different meal options as well as saving some money for us.

Amrit Jeswani



Thank you for your in-depth look at Sapporo, Japan from a foodie perspective. The major cities like Tokyo always seem to get all the attention so it was great to learn more about Sapporo's offering – I had no idea the true ramen experience originating from

there. I'm planning a Japan trip for December this year, and have no added this destination to my list, so thanks for the tips, please keep the suggestions coming.

Joel Lowe

WIN!

The winner of the 'star letter' this month will receive an **XL Lotus Smokeless Grill along with a 2.5kg bag of coal from TAVOLA worth Dhs766!** This smokeless BBQ grill is roomy enough for you to grill for a big group of 10 at once. With its classic grey colour, the LotusGrill XL will add a touch of nostalgia to your barbecue scenes. Visit **tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



ZERO-WASTE LUNCH BOX DELIVERY SERVICE

New school lunch box delivery service, Petit Gourmet has launched in Dubai. Offering nutritional eating with zero-waste, the new service aims to positively influence child health and the environment, ready for the new Dubai academic school year 2019-20.

Passionate about kids' eating healthily and zero-waste, French mothers, Céline Lamperin and Virginie Seurat created Petit Gourmet: a reusable bento-style lunch box delivery service. Prepared by a French chef and a nutritionist, food becomes fun again for fussy eaters and life easy for time-poor parents. Food quality is assured as all meal ingredients are either organic or sustainably sourced and are approved by the food safety department of Dubai Municipality. This theme continues as 20 different and easy to order meals are homemade in-house daily and delivered by chilled vans. After lunch, the boxes are recuperated and sterilised for their next use, further reducing waste.

Mrs Lamperin said "Our mission is to raise the standard of catering to schools and nurseries in the UAE. Everyone should have access to transparent ingredients, healthy meals and preserve the planet at the same time. Thus Petit Gourmet is revolutionising children's lunches and ready to serve you for the Dubai academic school year 2019-20."

All menus can be ordered online with flexible delivery to schools and nurseries and come with a no-risk guarantee. Visit petitgourmetuae.com.



Waldorf Astoria opens in DIFC with 3 new restaurants

Waldorf Astoria Dubai International Financial Centre (DIFC) opened its doors on July 1, 2019, joining two other Waldorf Astoria properties in the UAE. The 275-room hotel is a welcome addition to Dubai's bustling financial district, bringing a slice of the French Riviera with its rooftop bar and pool, a piece of New York City with acclaimed restaurant Bull & Bear, and design that evokes the elegance of the 1960s.

All restaurants and bars are located on the 18th floor of the hotel, offering city views. Inspired by the original once located in the Waldorf Astoria New York, Bull & Bear is the hotel's signature restaurant which offers a twist on the legendary eatery. Diners can enjoy imaginative cuisine in a stylish, relaxed setting.

An oasis in the heart of the city, St. Trop is a stylish rooftop lounge - with its pool, whirlpool, timber decking and bright colours - it's perfect for drinks and light bites from day to night.

Lastly, Peacock Alley is an elegant lounge and bar ideal for both sophisticated and informal gatherings. The term 'Peacock Alley' was coined to portray the daily promenade of people through the original colonnade connecting The Waldorf and The Astoria hotels in New York City. Call +971-4-5159999.

THE BEST BITES

GASTÓN ACURIO TO MAKE DUBAI DEBUT WITH LA MAR



Famed Peruvian chef Gastón Acurio has revealed the 2020 launch of La Mar at the new Royal Atlantis Resort & Residences, Dubai. La Mar joins a star-studded culinary line-up set for the soon-to-open property, including Spanish tapas restaurant Jaleo by chef José Andrés and Dinner by Heston Blumenthal.

Offering diners the chance to explore the authentic and diverse flavours of Peruvian gastronomy, La Mar by chef



Gastón Acurio is slated to open late 2020. The restaurant is set to feature contemporary design and elegant interiors, which will provide the backdrop for La Mar's signature cebiche, freshly grilled anticuchos and pisco-led cocktails.

Located at mezzanine lobby level in The Royal Atlantis Resort and Residences, La Mar by Gastón Acurio will be the first traditional cebichería in Dubai, welcoming guests to an intimate space devoted to the South American tradition of cebiche and pisco sour. With a casual elegance and easy-going vibe, the signature features of La Mar will include an open kitchen, cebiche bar and an anticucho grill, where Acurio's team of expert chefs will prepare marinated fish as well as tiraditos, causas and marinated anticucho skewers.



Daycation deal at Palazzo Versace

Offering up a taste of the finer life, Palazzo Versace, Dubai has launched a summer daycation deal for those looking to take a break away from the hustle and bustle for a day. Designed for guests to relax, unwind and stay sun-kissed throughout the year, the #FollowTheSun Daycation deal allows access to the hotel's three outdoor pools, accompanied by Mediterranean infused cuisine and drinks.

Priced at Dh300 per person for the day, start by relaxing in a chic poolside cabana, or with a plunge into one of the pools, before delighting in refreshments like infused watermelon with organic berries, a marzipan croissant and Palazzo Versace gold frappuccino at the East Pool, or alternatively, burrata and heirloom tomatoes, basil pesto with homemade focaccia roll with mojito popsicle at the Central Pool, or perhaps a freshly-prepared sushi platter with signature cocktail at the West Pool. Complimentary water and cold towels will also be offered throughout the day. For inquiries, please contact +97145568805 or email dining@palazzoversace.ae.

MINI CHEF SUMMER CAMP AT ATLANTIS, THE PALM



With the school summer holidays upon us, Atlantis, The Palm has revealed its line-up of fun-filled activity camps for the youngsters that will run from July 7 – August 29.

For the little ones that enjoy helping out in the kitchen, the resort will be offering a range of kids' cooking classes from 7 - 11 July, 28 July - 1 August, and 18 - 22 August, available daily from 9am to 5pm. Priced at Dh1,700 for the camp, the cooking option is option to children aged 8 - 12 years.

Food-loving kids will learn from Atlantis' very own chefs on mastering the art of sushi making, mouth-watering pizza creations, tasty Lebanese recipes as well as the chance to bake the most scrumptious cupcakes and other sweet treats. For more information or to book, call (+971) 4426 1387 or email kidsclub@atlantisthepalm.com.

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

▶ **Paru, Caesars Bluewaters Dubai**

In addition to Akira Back at W – The Palm, Dubai, which opened earlier this year, chef Akira Back has opened a second outpost, Paru, at Caesars Bluewaters Dubai. Paru is located on a stunning rooftop at Caesars, with views across two terraces, the new eatery offers an eclectic menu of modern Japanese dishes masterfully created by Back. Having trained in Japan for many years, Back is known for bringing a sense of adventure to his culinary creations, taking traditional flavours and techniques from the region and giving them his own signature twist. Designed to deliver a sense of adventure in every bite, dishes include 'Cool Share Plates' such as Suzuki Ceviche (sea bass with caviar and soy yuzu ponzu) and Crispy Rice (spicy tuna on crispy rice, avocado, jalapeno, spring onion) as well as 'Warm Share Plates' including Hotate (scallop, baby eggplant, enoki mushroom, asparagus and truffle soy butter) and Popcorn Ebi (rock shrimp tempura, mango aioli). Also designed-to-be-shared, a selection of marinated and flame-grilled seafood and vegetable skewers will transport guests to the streets of Tokyo. For more information, visit caesars.com/dubai/restaurants/paru/.

▶ **Phoenix Social Club, H Hotel**

Post-prohibition lounge and bar Phoenix Social Club has opened its doors at the H Hotel, Dubai. A place where old and new collide, Phoenix Social Club is said to feature an accessibly priced 'fine-sharing' food and cocktail menu served up alongside upbeat vibes and welcoming service. The food is produce-centric with an eclectic array of flavours and multi-cultural cooking techniques served as art. Tandoor flatbreads are the signature starter, encouraging patrons to break bread together. Smaller sharing plates include strawberry and cucumber salad, chicken liver parfait, hamachi ceviche, and miso pumpkin with sweet potato. Larger dishes feature chicken tikka with a citrus onion salad, chargrilled octopus with yuzu kosho and miso foam, beef cheek tortellini with porcini beurre monte, and more. Visit phoenixsocialclub.com

▶ **El Chapo's Tacos, Studio One Hotel**

Hailing from the streets of Mexico, El Chapo's Tacos is set to open this month with the promise to bring authentic Mexican flavours, sounds and experiences to the sandy suburbs of Dubai. From the moment you step through the door, guests will be transported to the heart of Mexico from vibrant décor to feisty flavours coming from the kitchen. The heart and soul of the brand comes from head chef, Jose Carlos, who will be leading the pack in the kitchen sharing traditional Mexican dishes created by his family along with his twist on a few tex mex classics that are certain to give you something to taco about. Visit studioonehotel.com.



Paru, Caesars Bluewaters Dubai

Text by SOPHIE VOELZING | Photographs SUPPLIED

MAKING BRUNCH PLANS?

*Five brand-new brunches
to try this month!*

➤ **Shumatsu Brunch at Taikun, Vida Downtown Dubai**



Taikun (formerly Toko), a pan-Asian restaurant and bar in Downtown Dubai, takes diners on a culinary journey from Vietnam to Japan with fresh sashimi, tantalizing tataki, classic duck tacos, and robata masterpieces during its new weekly Friday brunch.

Taking place every week from 12.30pm to 4pm, Taikun's Shumatsu Brunch ('Shumatsu' - the Japanese word for weekend) puts iconic Asian dishes in the spotlight - foodies are invited to feast on a quintessential spread of soups, salads, sushi and small plates. Let the clattering woks and hissing steam transport you to Asia as steaming baskets of gourmet dim sum whizz by and sushi is hand-rolled by the kilo. Shumatsu Brunch packages start from Dhs255 for bottomless food and soft drinks. Visit taikundubai.com, call 04 442 8383 or e-mail reservations@taikundubai.com.

➤ **Grecian Brunch at OPA, Fairmont Dubai**



Greek restaurant, OPA will launch its first Grecian brunch (Mykonos Edition) on July 19, 2019, from 12pm to 4pm. This big, fat Greek brunch promises to smash your stress away with its lively

Greek music and foot tapping Zorba dancing, while you feel the Mykonos vibes around you. Blending authentic Greek cuisine with a modern-day Mediterranean feel, OPA's first-ever brunch concept offers a getaway to the Greek party island without stepping out of Dubai. This brunch offers a four-course selection of delicious bread and dips that include spicy feta dip, hummous, tzatziki & tarama Dips served with piping hot breads; savoury starters comprising grilled Cypriot halloumi, beef carpaccio, Greek salad, fig & walnut salad, tuna tartare; and mains such as pastitsio, grilled baby chicken, moussaka, and steamed sea bass fillet. Priced from Dhs350 per person, the brunch menu allows you to choose from a wide selection of sharing menu and free-flowing beverages, all brought to you on your table. Call +971 4 357 0557 or email at reservations@opadubai.com.



➤ **Once Upon a Brunch at Verve Bar & Brasserie, Grand Plaza Mövenpick Media City**

Newly-opened Verve Bar & Brasserie has launched its very own Friday brunch guaranteed to take you on a culinary adventure. To celebrate the 'Once Upon a Brunch' offering, Verve - the latest concept from Nick Alvis and Scott Price, the team behind folly and

The Lion, will welcome brunchers with a 2-for-1 offer available throughout the summer on the house beverage package. Guaranteed to take your mind off the scorching temperatures outside, diners can enjoy European dishes in a sophisticated and interactive setting between 1pm - 4pm every week, complete with live music. Beginning with a welcoming glass of something sparkling, specially prepared by the sommelier, brunchers will enjoy locally sourced Dibba Bay oysters, starters and salads including paprika smoked salmon, beef carpaccio, and chicken liver and foie gras plus fine cheeses with seasonal chutney. For mains, choose from traditional roast beef with Yorkshire pudding, sea bream served 'en papillote style' and a summer truffle risotto (prepared in a parmesan wheel) before treating yourself to a selection of signature desserts served to the table. Brunch packages start from Dhs299 for food and soft beverages. Visit vervebrasserie.com.

➤ **Crazy Rich Brunch at Matagi, Emerald Palace Kempinski Dubai**



Matagi, the lifestyle-driven Pan Asian restaurant located on Palm Jumeirah has launched a new Friday night concept, the Crazy Rich Brunch. This brand new evening for the social calendar promises to be an entertaining affair, designed to encourage the UAE's movers and shakers to join in the party and enjoy the taste of Asian flavours. Matagi's Crazy Rich Brunch takes place weekly on a Friday from 7pm where guests can enjoy a four-hour gastronomic event that commences upon arrival. Being served up is a series of Asian dishes starting with sharing-style appetizers of sashimi and maki platters to hot dishes such as chicken thighs yakitori and ikura udon. Guests can then

look forward to a menu full with Asian inspired main courses including miso lamb chops spicy slaw, grilled wagyu sirloin wasabi and garlic soy glaze portobello mushroom. All this is followed by a decadent dessert. Packages start from Dhs299 for four-hours food and soft beverages. To avail a 40% discount code on Careem, simply use the discount code: MATAGI on the app. E-mail reservation@matagidubai.com or call +971 4 248 8850.



➤ **The Arriba Arriba Brunch at ZOCO, Al Habtoor City**

ZOCO's Arriba Arriba Brunch will revamp its prices starting July 5, 2019. During the summer months, they will be introducing three new packages so you can begin your weekend with your brunch squad at a pocket-friendly price. Every Friday, join the Mexican fiesta as the Arriba Arriba Brunch concocts a delightful surprise for all discerning palates with an authentic Mexican spread. With the heat outside, an indoor family-friendly brunch promises to

enjoy a fun afternoon. Packages start from Dhs225 with food and soft beverages. Children below 6 years can enjoy a complimentary brunch whereas kids aged between 6 to 12 years can enjoy the kids' package priced at Dhs110. ZOCO has recently introduced a special Kids' Area with several activities for keeping the little ones entertained. Brunch takes place every Friday, from 12.30pm to 4pm. Call 04-4370044.



👉 **carine, Emirates Golf Club**

Popular French Mediterranean eatery, carine, has opened its chic outdoor terrace for the summer, thanks to the addition of a new airy pergola. As the restaurant enters its second summer, the pergola gives carine fans the option to dine outdoors and enjoy lazy weekend breakfasts, long lunches and unforgettable dinners, all surrounded by light interiors coupled with a welcoming atmosphere. carine brings a slice of the French Mediterranean lifestyle to the dining scene of Dubai, continuing the tradition of sharing plates featuring authentic recipes with a touch of international inspiration. Simple fresh flavours and expertly baked breads add to the air of a modern Mediterranean bistro. Located in the heart of the Emirates Hills community, the restaurant boasts a host of regulars, credit to the exceptional food, and a buzzing ambience. Visit dubaigolf.com/carine, call 04-4179885 or e-mail reservations@carine.ae.

👉 **Marriott International**



To welcome the summer months, Marriott International is cooking up its best offers in the UAE from now until the 15 September 2019 with its

summer campaign, Summer Cravings. MoreCravings is your one-stop destination to discover a world of culinary inspiration and rich rewards. With over 350 restaurants and lounges across Marriott International's properties in the UAE, MoreCravings will guarantee your perfect culinary experience this summer with themed summer lounges and trendy coffee shops to family style restaurants and classic fine dining experiences. For the summer season, MoreCravings brings to you, Summer Cravings. All summer, until 15 September 2019, members of Marriott's loyalty programme, Marriott Bonvoy, can indulge in a 30% discount when dining at participating restaurants and lounges during the summer. To see the full list of participating restaurants and lounges, visit MoreCravings.com.



👉 **Burger & Lobster, DIFC**

DIFC hotspot, Burger & Lobster is stirring up the summer with a brand-new menu. Fans can expect to taste some familiar favourites on the menu, lined up alongside some mouthwateringly delicious new showstoppers. Hot off

the block, the B&L Burger Bombs, tantalizingly crispy, fried parcels of juicy burger meat, topped with melted cheddar and served with the signature homemade burger sauce. Light on the bite, but big on flavour the lobster pomegranate salad tosses up a delicious serving of crispy salad, tender lobster meat and pomegranate with creamy butter milk dressing. Bite into the champion Cali Burger, plating B&L's 8oz burger with avocado, crispy bacon, rich Swiss cheese and a spread of aromatic ranch dressing. Take a ride on the south side, The Dirty South burger, boasts the signature 8oz beef patty with bacon, American cheese, smoked BBQ sauce and topped with crispy onion rings. Take a quick trip to France with The Frenchie, B&L's signature burger levelled with sautéed button mushroom, roasted garlic aioli, Dijon mustard and the essential raclette cheese. If the lobster roll is where the heart is set, guests can now indulge in a world of flavour with The Truffle; Fresh lobster meat tossed in indulgent truffle mayo, infused with homemade mustards and fresh lemon juice served with potato fries and salad. Last but not least, the sweet finishers are sure to delight, dig in to the warm and decadent Dulche Fondant, served with homemade vanilla ice cream. The new menu is available now, daily from 12pm. Call 04 5148838 or e-mail reservations@burgerandlobsterdubai.com for bookings.



👉 **Monty's, Address Montgomerie**

Love curry? Make Monty's at Address Montgomerie your weekly curry destination. Every Tuesday spice up your evenings with a range of authentic Indian curries such as Murgh Makhani, Dal Makhani, Badami Lamb Korma and Madras Fish Curry. Enjoy classic flavours of butter chicken

or try something traditional like Dal Makhani. The menu also offers a variety of accompaniments to amp up the flavour of your curry night. Curry Night at Monty's takes place every Tuesday from 7pm till 9.30pm, with dishes starting from Dhs99. Call 04 3631271 or email dine@emaar.com



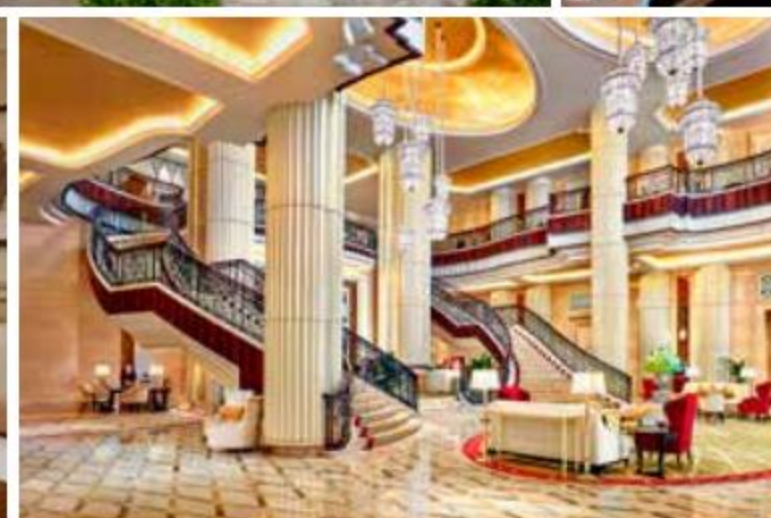
👉 **Khyber, Dukes The Palm**

Indian restaurant, Khyber, is the first of its kind outside the flagship in Mumbai that brings an intricately rich North India palette of flavours to Dubai. Located on the 15th floor of the hotel, the spacious restaurant with a beautiful terrace area promises to take guests on a culinary journey through the

majestic Mughal era, introducing only fresh spices and authentic flavor combinations to the menu.

Available daily during the summer months till September 20, 2019, Khyber will be offering a three-course summer dining offer priced at Dhs100 per person. Available each day from 5pm to 11pm, the offer allows guests to delight in a zesty starter, an indulgent North Indian main, and sweet dessert for just Dhs100 per person.

In addition, the restaurant will now also host Chit Chaat 2-for-1 Wednesdays, each week from 6pm to 11pm. Diners can indulge in interactive stations, mains, sharing platters and enjoy in the Chef's desserts from Dhs175 per person. Call 04 455 1111.



A SUPERIOR BRUNCH STAYCATION

Transcend your weekend to the next level luxury with Friday Brunch at The Terrace on the Corniche this summer complemented with an overnight stay at The St. Regis Abu Dhabi, plus Thursday Night Dinner or Saturday New York Breakfast, and 20% off in hotel bars and lounges, all from Dhs1,220 per couple

SUMMER DEAL!

With more than a hundred years of bespoke St. Regis tradition, guests are invited to elevate their weekend with the award-winning Friday Brunch at The Terrace on the Corniche complemented by an overnight stay in one of the Superior Sea View rooms overlooking the turquoise waters of the Arabian Gulf.

The Terrace on the Corniche welcomes you, family and friends to share quality time at the renowned hearty and colourful Friday Brunch and indulge in an infinite selection of the freshest seafood, sushi, foie gras, fine grilled cuts and more — many of which are prepared live in front of you. Just remember to save some room, a visit to the dedicated dessert, cheese and chocolate rooms are a must!

Located at the captivating Arabian Address of Nation Towers on the Abu Dhabi Corniche, The St. Regis Abu Dhabi is setting the standard for luxury in the capital with exceptional, unique experiences, butler service and 228 guestrooms and 55 suites — situation between the 33rd and 49th floor - that enchant with the finest materials, dedicated to creating a truly restful ambience and the desire to leave nothing to chance.

Relax at Nation Riviera Beach Club, a haven of wellness and recreation, featuring a 200 metre private beach, secluded cabanas, a spacious infinity pool complete with gardens and a swim-up pool bar as well as exclusive fitness facilities. Younger guests will take joy at the Treasure Island Children's Club, which is designed as a mock pirate's ship and provides a safe and enjoyable area for children, with fully-supervised indoor and outdoor activities including a pool and water slide.



ST REGIS
ABU DHABI

E-mail: reservations.abudhabi@stregis.com
Visit: stregisabudhabi.com
Call: +971 2 694 4666

THE DETAILS

The Superior Staycation is priced from Dhs1,220 for two people, based on best available rate.

Inclusions:

- Overnight Stay in a Superior Sea View Room
- Friday Brunch for two at the Terrace on the Corniche
- Thursday Night Dinner or Saturday New York Breakfast
- 20% off in hotel bars and lounges

eat out

abu dhabi

Dining deals and happenings in the capital this month.



GREAT STEAKOUT AT MARCO PIERRE WHITE STEAKHOUSE & GRILL, FAIRMONT BAB AL BAHR

Every Wednesday evening from 6pm to 10pm, the 'Great Steakout' invites guests to choose from a selection of unlimited steaks including certified Black Angus beef, USDA prime striploin and ribeye to be cooked as per their preference, plus a choice of four sauces including

varieties such as peppercorn, mushroom and béarnaise sauce or the classic bordelaise. Side orders will be plentiful and will include with triple cooked chips, garlic sautéed mushrooms, asparagus, sautéed spinach, potato dauphinoise and tomatoes confit to name a few. Top this off with free flow sips, and Wednesday night will quickly become the start of the weekend at Fairmont Bab Al Bahr. All-inclusive food and beverage packages start from Dhs245 for food only. E-mail dining.bab@fairmont.com or call +971 2 654 3238.



NEW BRUNCH AT FAIRWAYS, THE WESTIN ABU DHABI GOLF RESORT & SPA

Taking place every Saturday, 'Brunch a la Parisienne' is a brand-new concept at

Fairways inspired by the streets of Champs-Élysées featuring a delicious viennoiserie basket of fresh croissants and pain au chocolat, a selection of charcuterie and French cheeses, a choice of savoury main course, seasonal fresh fruits and unlimited tea or coffee.

After, spend the rest of the afternoon lounging poolside with complimentary access to the pool. Taking place every Saturday from 11am to 4pm the package is priced at Dhs260 for 2 persons inclusive of set menu and free pool access, Dhs70 per child below 12 years old, and Dhs130 for 2 children below 12 years old. Call 02 6169999 or e-mail westinauh.info@westinhotels.com.



BUSINESS LUNCH DEALS AT ROSEWOOD ABU DHABI

Doing business in style is made easier with the lunch option at Dai Pai Dong. For Dhs98, the 'All You Can Eat Dim Sum' menu is both a welcome challenge and a steal. Guests can tick off endless rounds of soups, steamed dumplings, fried nibbles, rice rolls, fried

rice and desserts on the menu. Served from noon until 3pm, this lunch offer is available from Sundays to Thursdays. Meanwhile at Aqua, the hotel's all-day-dining restaurant, there's a 'Quick and Chic' lunch buffet with healthy options to enjoy with views of the Arabian waters. The light spread is served from Monday to Thursday from noon until 3.30pm and priced at Dhs75.

Sambusek – the hotel's Lebanese restaurant – has three menus for those who prefer flavours closer to home. The business lunch menu, priced at Dhs120, features a selection of cold and hot mezze, main course and dessert. Head chef Emad Zalloum focuses on the classics for the selection of starters with delicacies like chicken liver, spinach fatayer and cheese sambusek. He keeps it simple with mixed grills for mains and seasonal fruits and mixed baklava for dessert. The set menu is available from Sunday to Thursday from noon until 3.30pm. Lastly, Majlis – the hotel's lobby lounge – is ideal for those who prefer a late afternoon meal. The classic afternoon tea includes a selection of snacks like roasted beef and horseradish mayonnaise on mini baguettes, chicken caesar mini croissants, smoked salmon sandwiches with cucumber and cream cheese, a wide range of scones, cakes and pastries, plus more. There is also a selection of 29 types of loose-leaf teas, a range of handcrafted coffees and the option of a bellini. Available daily from 3pm to 6pm, the afternoon tea is priced at Dhs180 per person. E-mail abudhabi@rosewoodhotels.com or call +971 (0)2 813 5550.



TOKYO TO CASABLANCA AT KHAYAL, MARRIOTT HOTEL AL FORSAN, ABU DHABI

Embark on a gastronomic journey from Tokyo to Casablanca every

Wednesday from 6.30pm to 10.30pm at Khayal. Savour the flavours of Asian, Indian, Europe, Mediterranean and Arabic cuisines. Explore all these with your exclusive Khayal Airlines Boarding pass and enjoy 20% discount of your next visit to any restaurants at Marriott Hotel Al Forsan. Priced at Dhs220 per person for food, the food journey can be enhanced by adding Dhs50 per person for soft beverages, including Indian chai, or Dhs150 per person for unlimited house beverages for two-hours. Call 02 201 4131.



We are nominated for
Middle Eastern Restaurant of the year - Abu Dhabi
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VOTING CLOSSES SUNDAY 3RD NOVEMBER 2019 AND THE HOLIDAY PRIZE WINNER WILL BE ANNOUNCED ON MONDAY 4TH NOVEMBER. FULL T&C'S AVAILABLE ON OUR WEBSITE.

Tried & tasted

Each month, we review one of the city's top tables.



For dessert, if you're a chocolate lover the chocolate in a cup is a must – it's an incredibly comforting

option offering no-frills, but heaps of deliciousness created with melted Nutella chocolate, banana foam and vanilla bean ice cream.

How was the service? The team at Akira Back is attentive and well versed on the menu. During our visit, they were always on hand to ensure our table was catered to.

The bottom line: Akira Back is an up-beat spot serving skillfully prepared, fresh and delicious food. Ideal for visiting for dinner and drinks with a small group of friends. Friday brunch is also new to its culinary line-up. Taking place every Friday from 12.30pm to 4pm, the Akira Back brunch will allow visitors to enjoy dishes like hiramé carpaccio, grilled octopus and tuna tataki, or sample a myriad of sushi options, all of which are unlimited. There's also a selection of mains to choose from including the likes of wagyu don, black cod and jidori chicken.

Packages start from Dhs445 for a non-alcoholic package, while kids between 6-12 years of age get 50% off and kids below 6 years dine for free.

Want to go? For more information or reservations, call +971 4 245 5555 or e-mail akirabackdubai@whotels.com.



Reviewed by Sophie Voelzing

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

AKIRA BACK, W DUBAI – THE PALM

Dining experience: Dinner

What's it like? Recently-opened on Palm Jumeirah, Akira Back is a welcome addition to the brand-new W Dubai – The Palm hotel. Led by celebrity chef Akira Back, who is known for his playful Japanese fare infused with Korean essence, chef Back trained under some of the world's most celebrated Japanese chefs, including Nobu Matsuhisa and Masaharu Morimoto (both of which have Dubai-based restaurants – Nobu and Morimoto).

Located on the hotel's fifth floor, Akira Back makes an impression from the get-go with its striking, brightly lit vortex entrance, which leads into the bar & lounge area – a great spot for pre- or post-dinner drinks, much like the sweeping outdoor terrace that offers glittering city skyline views.

The venue boasts a very dramatic feel with dark, metal interiors, upbeat music that's played at just the right volume, abstract lighting and modern, plush seating – all of which is topped off by gorgeous views over the Palm through floor-to-ceiling windows. Images of clouds are also projected on to steel plates on the ceiling to create an illusion of sky-high dining.

The open-plan dining room is neighboured by a counter-top robata grill area, see-in kitchen and sushi bar. **What are the food highlights?** The menu at Akira Back is plentiful and best



tackled sharing-style. To begin, the famed Akira Back raw tuna pizza lives up to the hype and packs a tasty punch. The tender grilled octopus with chipotle miso and salsa verde is also a winning option with a bit of a spicy kick.

There's wide-ranging maki, sushi and sashimi on offer to order individually, but we'd recommend opting for one of the combo platters if you're visiting as a group – or if you're hungry!

From the robata grill, we shared two pieces of beautifully prepared lamb chops, marinated in smoked jalapeno, plus charred baby corn with black garlic butter and a heavy sprinkling of smoked Parmesan, which were cooked with a nice crunch left to them and oozing buttery flavours.

We shared two dishes for mains, which weren't overly big in size, so you may need an extra dish or a side if you're feeling peckish by this point. The wagyu rib cap don was bursting with flavour from the truffle jus, topped with foie gras and the rice was cooked just right – definitely a hearty dish offering strong, well-rounded flavours. For a lighter option, the Jospier grilled salmon was moist and served with perfectly crisp skin, accompanied by garlic spinach and nori rice cracker for texture.



SUMMER DINING DEALS

To welcome the summer months, Marriott International is cooking up its best offers in the UAE from now until the 15 September 2019 with its summer campaign, Summer Cravings.

**MORE
CRAVINGS**

by MARRIOTT BONVOY™

Reservations: [MoreCravings.com](https://www.marriott.com/morecravings)

MoreCravings is your one-stop destination to discover a world of culinary inspiration and rich rewards. With over 350 restaurants and lounges across Marriott International's properties in the UAE, MoreCravings will guarantee your perfect culinary experience this summer with themed summer lounges and trendy coffee shops to family style restaurants and classic fine dining experiences.

For the summer season, MoreCravings brings to you, Summer Cravings. All summer, until 15 September 2019, members of Marriott's loyalty programme, Marriott Bonvoy, can indulge in a 30% discount when dining at participating restaurants and lounges during the summer.

To see the full list of participating restaurants and lounges, visit [MoreCravings.com](https://www.marriott.com/morecravings). Check out below some of the participating restaurants in Dubai:



FISH BEACH TAVERNA

Le Méridien Mina Seyahi Beach Resort & Marina

With its crisp white-and-blue décor and sun-baked terrace, this friendly Greek taverna feels like it's been lifted straight from Santorini – with sea breezes and spectacular

sunsets to match. What better location to feast on stuffed vine leaves and cool tzatziki, or platters of grilled octopus and feta salads? Kick back, relax, and soak up those chilled holiday vibes...

Phone: 04 511 7373



SEAFOOD MARKET

Le Méridien Dubai Hotel & Conference Centre

If you love seafood, you've come to the right place. With 18 seawater tanks of lobsters, crabs and local hammour, plus a huge cold counter of fresh fillets and squid, you can

choose your ideal fish lunch or supper – and have it prepared exactly to your liking. Whether you request a flavoursome curry, thermidor, or a lightly-seasoned grill, seafood doesn't get any fresher than this.

Phone: 04 702 2455



INDEGO BY VINEET

Grosvenor House, a Luxury Collection Hotel, Dubai

Serving Indian delicacies with a five-star flourish, Michelin-starred chef Vineet Bhatia has put this fabulous restaurant firmly on Dubai's foodie map.

The accomplished menu

ranges from traditional dishes (biryani, butter chicken, naan breads and more) to more contemporary flavours (such as lobster tikka masala and lemongrass prawns) – an ethos that extends to the stunning mix of antique artwork and minimalist décor too. This is a magical setting for an unforgettable evening.

Phone: 04 317 6000



VIVALDI ITALIAN RESTAURANT

Sheraton Dubai Creek Hotel & Towers

From pre-dinner aperitivo to lavishly long lunches, Vivaldi is all about luxurious dining – with a menu reminiscent of Italy's finest restaurants.

Boasting silver service and truly authentic fare, this rich dining experience will delight even the most discerning gastronome – while the in-house sommelier will find a pairing to suit every course. Vivaldi's views of the Creek and Dubai skyline provide an equally unforgettable backdrop.

Phone: 04 207 1717



LUCHADOR ROOFTOP CANTINA & LOUNGE

Aloft Palm Jumeirah

It's like stepping into a true Mexican cantina – complete with funky décor, live music, and spicy scents wafting from the kitchen. But not every Mexican eatery boasts

front-row views of the Arabian Gulf: Luchador's seaside location is utterly spectacular, and the perfect setting for a sunset margarita. Its menu is the real deal too: from cool ceviche to chocolatey churros, each dish is freshly cooked using traditional Mexican recipes.

Phone: 04 247 5550



POSITANO

JW Marriott Marquis Hotel Dubai

In true Italian style, family comes first at Positano – with children under six years dining for free with every adult main course purchased.

Feast on the flavours of

coastal Italy, with delicious seafood, handmade pasta, and fresh stone-baked pizzas, all served in a relaxed buffet setting. The homemade gelato is the star of the show, featuring classic and creative flavours alike.

Phone: 04 414 3000



FARMHOUSE

The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert

Deep in the Ras Al Khaimah desert, Farmhouse isn't the kind of restaurant you just stumble upon – but your adventurous spirit will be richly rewarded.

Succulent steaks, vast racks of ribs, and tender smoked brisket emerges from this kitchen, accompanied by freshly-baked bread and seasonal veggies. There are gluten-free and vegan options too – and Al Wadi Nature Reserve makes the perfect wild backdrop.

Phone: 07 206 7777



THE GRILL

Marriott Hotel Al Forsan, Abu Dhabi

Cooking the perfect steak is a tricky skill to master, but The Grill's chefs are second to none – and with the kitchen's theatrical open layout, you might even pick up a few tips too.

This elegant dinner spot has become Abu Dhabi's go-to steak house, offering fantastic beef cuts alongside the perfect beverage pairings – as well as top-notch sides and sauces, of course.

Phone: 02 201 4131

SUMMER SPECIAL

MEAL PLAN OFFERS

*Valid until 31st of July 2019. Only for new sign ups.

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4 ways with
■ burgers page 20



dinner for two
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4 ways with burgers

Jazz up a shop-bought burger with our clever twists to make them extra special

recipes ESTHER CLARK *photograph* MELISSA REYNOLDS-JAMES



Hot & spicy

Lamb kebab burger

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY**

Combine **2 tbsp fat-free yogurt** with **1 tbsp mayonnaise** and **1 small grated garlic clove** in a small bowl. Heat **½ tbsp vegetable oil** in a non-stick frying pan over a medium heat, add **2 lamb burgers** and fry for around 10 mins, turning over halfway through, until piping hot in the centre. Lightly toast **2 sesame seed burger buns**. Divide **1 sliced tomato**, **20g sliced gherkins**, the burgers, some garlic sauce, **1 finely sliced red chilli** and the **leaves of 1 baby gem lettuce** between each burger bun.

GOOD TO KNOW folate • 1 of 5-a-day

PER SERVING 643 kcals • fat 34g • saturates 10g • carbs 54g • sugars 10g • fibre 4g • protein 29g • salt 2.1g

Sweet & cheesy



French onion cheeseburger

SERVES 2 **PREP** 10 mins **COOK** 25 mins **EASY**

Put **2 tbsp butter** and **1 tbsp oil** in a large non-stick frying pan. Add **1 thinly sliced onion** and fry over a medium heat for 15 mins or until golden and sticky. Stir through **½ tbsp light brown soft sugar**, **1 tsp cider vinegar** and **1 tbsp wholegrain mustard**. Heat the grill to medium-high. Put **2 beef burgers** on a baking sheet and grill on each side for 5-8 mins or until cooked through. For the last minute, top the burgers with **2 slices gruyère** and grill until bubbling and melted. Lightly toast **2 brioche buns**. Top the buns with the burgers, sticky onions and divide **2 handfuls watercress** between each.

GOOD TO KNOW calcium • 1 of 5-a-day

PER SERVING 700 kcals • fat 41g • saturates 18g • carbs 51g • sugars 17g • fibre 5g • protein 29g • salt 2.4g

Fruity & crunchy



Fiery & fragrant

Nacho cheeseburger

SERVES 2 **PREP** 5 mins **COOK** 20 mins **EASY**

Heat the grill to medium-high. Put **2 beef burgers** on a baking sheet and grill for 5-8 mins on each side until cooked through. For the last minute, top the burgers with **2 slices cheddar cheese** and grill until melted. Lightly toast **2 sesame seed burger buns**. Divide **2 tbsp guacamole**, the burgers, **2 tbsp chipotle or chilli mayo**, **2 tbsp salsa** and a **small handful salted nachos**, broken up, between each bun. Finish with **1/2 small bunch coriander**, torn.

GOOD TO KNOW calcium • folate • iron

PER SERVING 667 kcals • fat 34g • saturates 11g • carbs 58g • sugars 6g • fibre 4g • protein 30g • salt 3.0g



Veggie Indian burger

SERVES 2 **PREP** 15 mins **COOK** 20 mins **EASY** **V**

Cook **2 vegetarian bean burgers** following pack instructions. Finely chop **1/4 red onion**, **1/4 cucumber**, **1/2 large ripe tomato** and **1/4 small bunch finely chopped coriander** and mix together in a bowl. Lightly toast **2 seeded wholemeal burger buns**. Divide **2 tbsp raita**, the burgers, **2 tbsp mango chutney**, the tomato, onion and cucumber salad and **20g spicy Bombay mix** between each bun.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 553 kcals • fat 18g • saturates 2g • carbs 76g • sugars 14g • fibre 10g • protein 17g • salt 2.8g



dinner for two

easiest ever midweek meals

Share these new ideas for easy suppers with a friend or partner

recipes ESTHER CLARK photographs DAN JONES

Avocado, roasted broccoli & sesame rice salad

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY** **V**

1 large head broccoli, cut into florets
1 large red onion, peeled and cut
into chunky wedges
2 tbsp sesame oil
2 tbsp soy sauce
2 tbsp rice wine vinegar
½ tbsp honey
250g pouch microwavable brown
rice, cooked following pack
instructions and cooled a little
1 small avocado, stoned, peeled
and sliced
½ small bunch coriander, roughly
chopped
1 tbsp sesame seeds, toasted
1 red chilli, finely sliced

■ Heat the oven to 220C/
200C fan/gas 7. Tip the
broccoli onto a baking sheet
along with the red onion
and 1 tbsp of the sesame
oil. Roast for 20 mins or
until the broccoli is
tender. Leave to cool
a little.

■ Whisk the remaining
sesame oil, soy, rice wine
vinegar and honey in a
small bowl. Toss the
broccoli, rice, onion and
dressing together in a large
bowl, then gently mix in the
avocado and coriander. Divide
between bowls and top with the
sesame seeds and chilli.

GOOD TO KNOW calcium • folate • fibre • vit c • iron •
3 of 5-a-day

PER SERVING 760 kJ • fat 44g • saturates 8g •
carbs 57g • sugars 21g • fibre 23g • protein 22g • salt 2.5g



Barley & broad bean risotto

SERVES 2 **PREP** 25 mins
COOK 45 mins **EASY** **V**

2 tbsp olive oil
1 small onion, finely chopped
2 large garlic cloves, crushed
150g pearl barley
700-800ml hot vegetable stock
250g frozen broad beans, podded, defrosted
1 lemon, zested
1 tbsp finely chopped mint, plus extra to serve

3 tbsp ricotta
1 tbsp finely chopped basil
2 tbsp parmesan or vegetarian alternative, grated, plus extra to serve

■ Heat the oil in a large saucepan. Add the onion along with a pinch of salt and gently fry for 8-10 mins or until softened. Stir through the garlic and cook for 1 min. Tip in the pearl barley and 600ml of the stock. Bring to the boil, lower to a simmer and cook for 35 mins, stirring regularly, until nearly all the liquid has been absorbed and the pearl

barley is tender. Add the remaining stock, a splash at a time, to loosen if it looks too thick.

■ Roughly chop half of the podded broad beans (or pulse a few times in a food processor), keeping the rest whole. Stir all the broad beans into the risotto along with the lemon zest, mint, ricotta, basil and parmesan (with a splash more stock or water if it looks dry). Season, then serve in bowls with extra mint and parmesan scattered over.

GOOD TO KNOW calcium • fibre • iron • 2 of 5-a-day
PER SERVING 670 kcals • fat 24g • saturates 9g •
carbs 78g • sugars 6g • fibre 13g • protein 28g • salt 0.4g



Black bean & prawn quesadillas

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

1 tbsp olive oil
1 onion, finely sliced
1 red pepper, thinly sliced
150g raw king prawns
1 large garlic clove, crushed
2 tsp hot smoked paprika
½ small bunch coriander, roughly chopped
½ x 400g can black beans, drained
2 large flour tortillas

80g grated mozzarella
mixed salad and hot sauce, to serve (optional)

■ Heat the oil in a large frying pan over a medium heat, add the onion and pepper and fry for 10 mins or until the onions have softened and are beginning to turn golden brown. Tip in the prawns and cook for 3 mins, then add the garlic and paprika and fry for another min. Stir through the coriander and beans, then season.

■ Heat a large non-stick frying pan or griddle pan over a high heat. Put

one of the tortillas in the pan, then pile on the black bean and prawn mixture followed by the cheese. Press the other tortilla firmly on top, then use something heavy like a saucepan to weigh everything down. Leave to cook for 1-2 mins. Carefully flip over, weigh down again and cook for another 1-2 mins. Cut into four and serve with hot sauce and salad, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c •
3 of 5-a-day
PER SERVING 447 kcal • fat 18g • saturates 7g •
carbs 36g • sugars 9g • fibre 11g • protein 30g •
salt 1.4g

gf tip

If you don't have hot smoked paprika, use 1 tsp smoked paprika and ¼-½ tsp hot chilli powder depending on how much heat you want.

Tagliata & borlotti beans

Tagliata is an Italian dish of sliced steak, peppery rocket leaves and shaved parmesan. This is a simple midweek version.

SERVES 2 **PREP** 15 mins

COOK 5 mins **EASY**

small bunch parsley
½ small bunch basil
1 small garlic clove
3 tbsp olive oil, plus a drizzle
1 tbsp red wine vinegar
250g rump steak, about 2cm thick
400g can borlotti beans, drained and rinsed
50g rocket
80g cherry tomatoes, halved
25g parmesan, shaved (optional)

■ Put the parsley, basil, garlic, olive oil and 1 tbsp water in the small bowl of a food processor and whizz until the herbs are finely chopped. Transfer to a bowl, stir through the vinegar and season to taste.

■ Season the steak generously. Heat a griddle pan or non-stick frying pan over a high heat. Drizzle a little extra oil over the steak and fry for 5 mins, turning every minute. Put on a plate, cover and leave for about 5 mins to rest.

■ Toss the beans, rocket and cherry tomatoes in the herb mixture. Slice the steak into strips. Divide the salad between two plates, top with the steak and scatter over the shaved parmesan, if you like.

GOOD TO KNOW fibre • vit c • iron • 2 of 5-a-day

• gluten free

PER SERVING 506 kcals • fat 31g • saturates 7g

• carbs 16g • sugars 2g • fibre 10g • protein 37g • salt 0.3g



Blistered sweet potatoes with herby tuna

SERVES 2 **PREP** 25 mins **COOK** 15 mins **EASY**

2 large sweet potatoes
½ tbsp olive oil
150g tuna in olive oil,
drained
2 tbsp pesto
2 tbsp Greek yogurt
1 lemon, juiced and
½ zested
½ small bunch parsley,
finely chopped

½ small bunch dill, finely
chopped, plus extra to
serve
1 large roasted red pepper,
finely sliced
¼ cucumber, deseeded
and cubed
60g feta, crumbled
peppery salad, to serve
(optional)

■ Heat the grill to high. Prick the potatoes with a fork, then microwave on high for 10 mins. Rub with the olive oil and season with salt. Transfer to a baking sheet and grill for 5 mins or until the skin is crisp and blistered.

■ Tip the tuna into a mixing bowl and combine with the pesto, yogurt, lemon zest, most of the herbs and the roasted pepper, then gently stir in the cucumber, remaining herbs, feta and lemon juice. Season.

■ Split the sweet potatoes open and fill with the tuna mixture, top with extra dill and serve with salad, if you like.

GOOD TO KNOW calcium • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 503 kcals • fat 24g • saturates 9g • carbs 42g • sugars 18g

• fibre 7g • protein 25g • salt 1.8g



Jerk cod & creamed corn

SERVES 2 **PREP** 12 mins

COOK 25 mins **EASY**

2 thick cod fillets (about 120g each)
1 tbsp olive oil
2 tsp jerk seasoning
bunch spring onions
326g can sweetcorn, drained
2 tbsp single cream
20g parmesan, finely grated
½-1 small red chilli, deseeded and finely chopped
½ small bunch coriander, finely chopped
lime wedges, to serve (optional)

■ Heat the oven to 200C/180C fan/gas 6. Put the cod on a baking sheet and rub with half the oil, the jerk seasoning and some salt and pepper. Cook for 12-15 mins until cooked through and flaking.

■ Meanwhile, heat a griddle pan or non-stick frying pan over a high heat. Rub the remaining oil over the whole spring onions. Add to the pan and cook for 8-10 mins or until charred and beginning to soften. Keep warm on a plate.

■ Put the corn in a saucepan with the cream and warm through for 2 mins. Using a stick blender, roughly blitz the corn to a semi-

smooth consistency. Stir through the parmesan, chilli and half the coriander, then season to taste.

■ Serve the cod with the charred spring onions, creamed corn and lime wedges for squeezing over, and scatter over the remaining coriander.

GOOD TO KNOW low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 339 kcals • fat 14g • saturates 5g • carbs 21g • sugars 12g • fibre 6g • protein 29g • salt 0.6g

gf tip

If you don't have single cream, use crème fraîche or soft cheese and a splash of water in the creamed corn.





Sticky teriyaki chicken & peanut satay slaw

SERVES 2 **PREP** 35 mins **COOK** 35 mins **EASY**

50ml teriyaki sauce
25ml runny honey
2 chicken legs
½ small bunch coriander, chopped (optional)
1 tbsp finely chopped unsalted peanuts (optional)
1 lime, cut into wedges

For the slaw

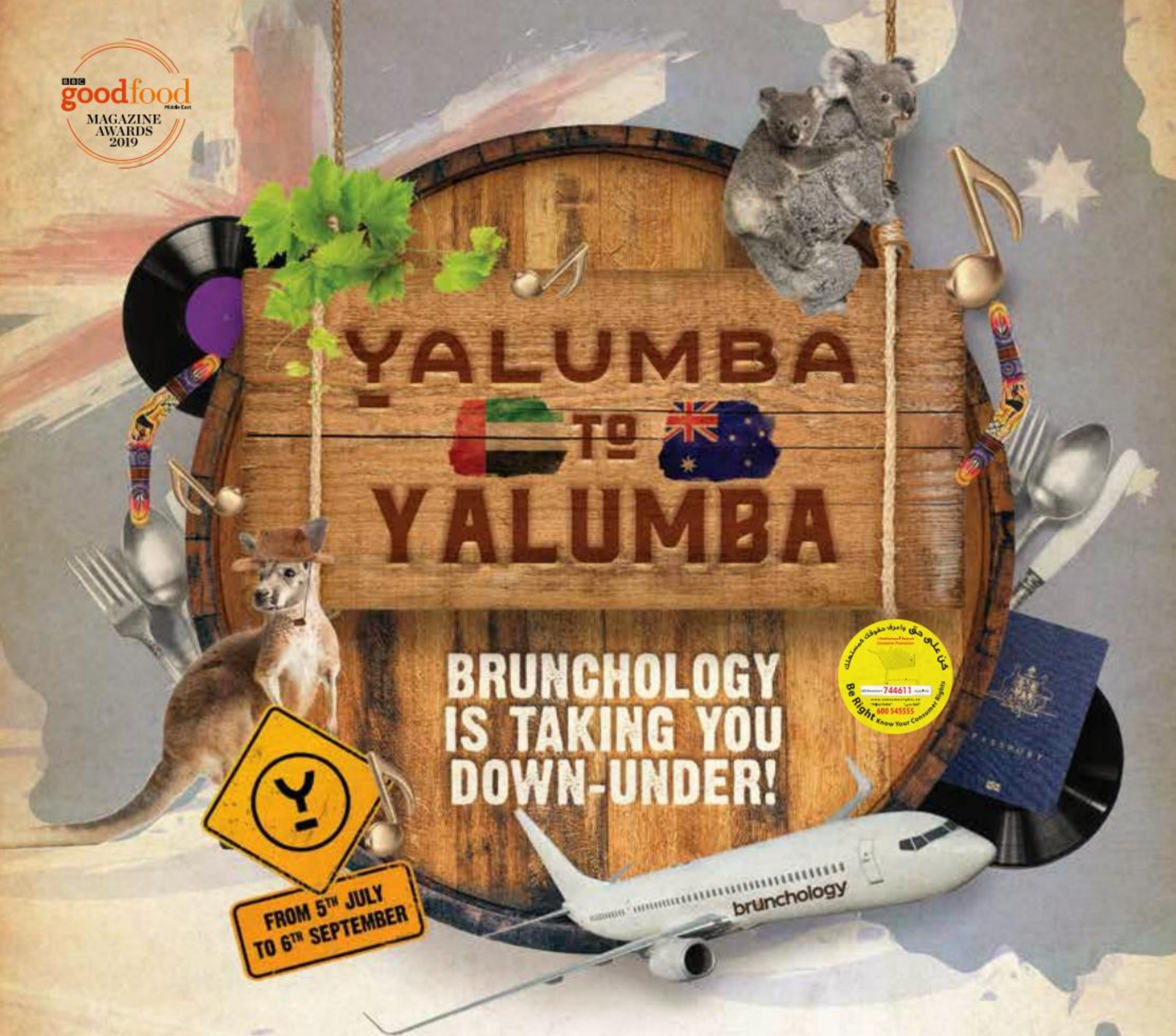
¼ small red cabbage, sliced
4 spring onions, sliced
50g spring greens, sliced
1 small red pepper, finely sliced
2 tbsp peanut butter
2 tbsp sesame oil
1 tbsp soy sauce
1 lime, juiced
small thumb-sized piece ginger, peeled and grated

■ Heat the oven to 200C/180C fan/gas 6. Whisk together the teriyaki and honey and pour half the marinade into a separate bowl and set aside. Put the chicken on a baking tray and roast for 25 mins. Liberally brush half the marinade over the chicken and return to the oven for 10 mins, or until sticky and cooked through.

■ Meanwhile, for the slaw, toss the cabbage, spring onions, spring greens and red pepper together in a bowl. Put the peanut butter in a microwavable bowl and microwave for 30 seconds to loosen. Whisk in the sesame oil, soy, lime juice and ginger (loosen with 1 tbsp water if needed), then toss with the veg and coriander. Divide the slaw between two plates with the chicken on the side, drizzle over the reserved marinade, sprinkle over the peanuts and serve with lime wedges.

GOOD TO KNOW folate • fibre • 3 of 5-a-day

PER SERVING 530 kcals • fat 34g • saturates 7g • carbs 27g • sugars 23g • fibre 7g • protein 26g • salt 3.8g



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anna's simple solutions

a last-minute cake



Food editor **Anna Glover** solves your midweek cooking dilemmas with new simple recipe ideas

photograph MELISSA REYNOLDS-JAMES

the dilemma

I need to make a celebration cake at short notice.

the solution

A foolproof, showstopping cake using storecupboard ingredients that's quick to whip up, and bound to be a firm favourite.

There have been many occasions where I've needed to make a cake last minute – someone's birthday, an impromptu invitation, a leaving do, or simply a 'no reason at all' cake. I always have a jar of caramel in my storecupboard for just this reason. A foolproof recipe, this cake is ready in just over an hour, so you can easily make it midweek.

The decoration couldn't be simpler but it still looks impressive, just drizzle over ready-made caramel, and scatter over some chocolate or toffee pieces – everyone loves classic birthday cake and caramel flavours,

so it's a great all-rounder, and is easily transportable in a large tin or cake box. A layer cake automatically sings of celebration (plus the sponges cook and cool quicker than a large, dense cake) but if you're really pressed for time, the mix is easy to halve, so you can make one sponge and serve a smaller cake.

If you can forward plan, you can make the sponges up to two weeks ahead, wrapping well and freezing. Make sure they're totally defrosted before you start to ice. Even if you don't have a birthday coming up, put a smile on someone's face and make this easy and delicious cake for a friend.

Easy caramel cake

SERVES 12-14 **PREP** 30 mins
plus cooling **COOK** 30 mins
EASY ✓✳ un-iced sponges only

225g softened salted butter, plus extra for the tins
125g golden caster sugar
100g light brown soft sugar
1 tsp vanilla extract
4 large eggs
225g self raising flour
2 tbsp milk
toffee, chocolate or caramel pieces, to decorate

For the icing

200g softened salted butter
400g icing sugar (golden icing sugar if you can find it – it adds a golden colour and caramel flavour)
70g caramel sauce, dulce de leche or caramel spread, plus 3 tbsp to serve

1 Heat the oven to 180C/160C fan/gas 4. Butter two 20cm springform tins and line the bases with baking parchment.

2 Beat the butter and both sugars in a bowl with an electric whisk for a few mins until lighter in colour and fluffy. Add the vanilla and the eggs, one at a time, adding a spoonful of flour and beating in between each egg. Add the remaining flour and milk. Divide between the cake tins and bake for 25-30 mins until they're golden, spring back when pressed, and a skewer comes out clean when inserted into the middle. Cool in the tins for a few mins, then tip out and leave to cool completely on a wire rack.

3 Meanwhile, for the icing, put the butter and icing sugar in a bowl and whisk for a few mins until light and airy. Whisk in the caramel briefly, adding 1 tbsp of boiling water to

loosen, if needed. Set aside until the sponges are completely cool before assembling, or the icing will melt.

4 Use half the icing to sandwich the cakes together, then spread over the remainder over the top, smoothing it out with a knife or the back of a spoon. Leave in a cool place until ready to serve. Drizzle with the 3 tbsp extra sauce (warm briefly in the microwave if it's a little stiff), allowing some to drip down the sides if you like, and scatter over the toffee, chocolate or caramel pieces to serve. Edible glitter, birthday candles or sparklers, optional.

PER SERVING (14) 517 kcal • fat 28g • saturates 17g • carbs 62g • sugars 49g • fibre 1g • protein 5g • salt 0.8g

**g! tip**

For chocolate lovers, add 3 tbsp cocoa to the cake batter and drizzle over melted and cooled chocolate instead of more caramel. You could also top with chopped nuts, sprinkles or edible flowers depending on who you're making it for.



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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



STAR INGREDIENT

Harissa Heaven, p34



FAMILY

Everyday favourites made healthier, p52



*SUMMER'S
HERE, p41*





STAR INGREDIENT

HARISSA HEAVEN

Diana Henry uses the versatile North African spice paste to add a new dimension to sausage rolls, sardines and slow-cooked aubergines

recipes DIANA HENRY *photographs* MAJA SMEND

My first taste of harissa, the chilli paste used in Morocco, Tunisia and Algeria, wasn't in North Africa but in France. During a year au pairing in Bordeaux, I soon discovered the small square – at one end of the Rue Sainte-Catherine – that was home to North African cafés and restaurants. The air there was full of the smell of cigarettes, mint tea, cumin and griddled lamb, and you could buy North African groceries.

I fell in love with the packaging for harissa, sold in tubes or tins as colourful as Moroccan tiles. Harissa isn't considered a wildly exotic ingredient these days, and supermarkets sell their own-brand versions, but I still buy the tubes, or tins, made by Le Phare Bon, always emblazoned with a picture of a bright, beautiful lighthouse.

The mother of the family I was living with made lamb couscous one night, a dish that was like a brothier version of the Irish stew I'd grown up with, but harissa transformed it. Monique put a big spoonful in a bowl and diluted it with some of the broth and a little olive oil. It was no longer Irish.

It's worth having harissa to hand, not just for North African food but because it's so different from other chilli pastes. Asian sriracha is quite acidic, almost 'tinny' in flavour; Thai sweet chilli sauce is mostly about sugar; West Indian hot sauce is fruity,

but harissa has depth. It's the bass singer among chilli pastes, providing less burn, and more of a deep, earthy, low heat. I go through it quickly because I don't just keep it for couscous. Combined with lemon juice and olive oil, it makes a good marinade, and you can add it to stews and soups, too. But my favourite use for it is this: add a big tablespoon of harissa to a bowl of Greek yogurt, stir it together and you have an instant sauce. The more it mixes with the yogurt, the mellower it becomes, but the contrast between the coolness of yogurt and the earthy heat of harissa is very satisfying.

At its most basic, harissa can be made from very few ingredients: dried chillies, fresh chillies, cumin, olive oil and salt. At the other end of the scale it can also contain red peppers, caraway (I like the muted aniseed hum they bring), lemon juice, fresh coriander and even dried rose petals (I've made it with rose petals, but they seemed overwhelmed by everything else). For my own version (see recipe, right), I use dried guajillo chillies even though that's not strictly correct, because I love their fruity, slightly smoky taste, and I sometimes add a little chipotle chilli too (also for its smokiness – smoky harissa is popular in Saharan areas). Like many such condiments, harissa is open to interpretation and, if you want to make your own (and it's worth it – mine always tastes richer), just use your tastebuds.

Make your own harissa

MAKES 235ml **PREP** 15 mins
COOK 5 mins **EASY** V

Put **2½ tsp each of coriander, caraway and cumin seeds** in a dry frying pan and toast for 1 min. Grind in a pestle and mortar. Soak **5 dried guajillo chillies** in warm water, then drain and remove the seeds (keep the soaking water). Put the spices and the soaked chillies into a blender with **5 red chillies** (halved and deseeded), **6 chopped garlic cloves**, leaves from a **small bunch of coriander**, **juice of 1 lemon**, **125ml olive oil** and some salt. Add some **chipotle paste** if you want a smoky flavour. Blend to a thick paste with a little soaking liquid. Put in a sterilised jar and pour over some olive oil. *Will keep chilled for up to two weeks.*

GOOD TO KNOW vegan • gluten free
PER SERVING 62 kcals • fat 6g • saturates 1g
• carbs 0.4g • sugars 0.2g • fibre 0.3g • protein 0.4g • salt 0.1g



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach* (Dhs115, Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfood.com.
@dianahenryfood

Grilled harissa sardines with
fennel & potato salad, p38







Roast aubergines
with yogurt & harissa, p38

Grilled harissa sardines with fennel & potato salad

The oiliness of sardines can cope really well with harissa (mackerel is very good, too) and the freshness of fennel balances the richness.

SERVES 6 **PREP** 20 mins
COOK 30 mins **EASY**

900g new potatoes
2 fennel bulbs
½ lemon, juiced
24 small good-quality black olives
5 tbsp extra virgin olive oil
For the sardines
12 sardines, cleaned and gutted
4 tbsp olive oil
2 tbsp shop-bought harissa, or use Diana's on p92
2 lemons, 1 juiced, 1 cut into wedges to serve
3 tbsp chopped parsley

1 Cook the potatoes in boiling salted water until tender, about 15-20 mins. While they're cooking, remove any tough outer leaves from the fennel and trim the tops, keeping any feathery fronds. Halve lengthways and remove the little hard core from each piece and discard. Cut the fennel into very fine slices using a mandoline or a sharp knife. Put them in a bowl and squeeze over the lemon juice. When the potatoes are tender, drain well and toss with the fennel, olives, extra virgin olive oil, some seasoning and the reserved fronds.
2 If the sardines haven't been scaled, remove by hand under running water, then wash out traces of blood from the inside and dry with kitchen paper.
3 Heat the grill. Mix the oil with the harissa. Put the sardines on a grill tray covered with foil. Brush them with the harissa oil (on both sides), season with salt and put under a very hot grill and cook for 4-5 mins each side, or until cooked through. Squeeze over the lemon juice and scatter with the parsley. Serve on the fennel and potato salad with wedges of lemon for squeezing over.

GOOD TO KNOW vit c • omega-3 • gluten free
PER SERVING 502 kcals • fat 28g • saturates 6g •
carbs 26g • sugars 2g • fibre 5g • protein 34g •
salt 0.8g

Harissa & lamb sausage rolls

If you want these to be sweet as well as spicy, add 2-3 tbsp dried fruit (chopped apricots or raisins) soaked in boiling water for 30 minutes and then drained, to the lamb. I always use Dorset Puff Pastry (available from Ocado) if I can get it. It's more expensive, but more buttery than other brands.

MAKES 8 **PREP** 20 mins
COOK 25 mins **EASY** 🌱

600g lamb mince
2 tbsp shop-bought harissa, or use Diana's on p92
¼ tsp ground ginger
½ tsp ground cinnamon
½ tsp ground cumin
2 tbsp chopped coriander
1 garlic clove, grated
1 preserved lemon, rind finely chopped (discard the flesh)
plain flour, for dusting
325g ready rolled puff pastry
1 large egg, lightly beaten
2 tsp black sesame seeds (optional)

1 Heat the oven to 200C/180C fan/gas 6. Mix together the lamb, harissa, spices, coriander, garlic, preserved lemon and seasoning in a bowl. Pummel it with your hands to make sure it's well combined.
2 Lightly dust your work surface with flour and lay the puff pastry on top. Cut it down the middle lengthways, then roll each piece with a rolling pin so each piece measures about 14 x 42cm.
3 Divide the lamb mixture into four and roll each one into a sausage shape using your hands. Lay two of them, end to end, on one of the pieces of pastry. Brush some egg along one of the long sides of the pastry, just by the edge. Pull up the other side to encase the sausage shapes and press the sides together. Do the same with the rest of the meat and pastry.
4 Cut each pastry parcel into four. Transfer these to a baking sheet, then brush each sausage roll with the egg and sprinkle over the sesame seeds, if using. Bake for 20-25 mins, or until the pastry is puffed up and golden.

PER ROLL 320 kcals • fat 21g • saturates 10g •
carbs 14g • sugars 1g • fibre 1g • protein 18g • salt 0.5g

Roast aubergines with yogurt & harissa

The simplest dish but absolutely delicious. Melting, slightly hot and rich with butter.

SERVES 4 as a side or starter
PREP 5 mins **COOK** 40 mins
EASY V

4 aubergines
2 tbsp olive oil
75g butter
1 tbsp shop-bought harissa, or use Diana's on p92
6 tbsp Greek yogurt
1 small garlic clove, crushed
1 tbsp chopped coriander
1 tsp sesame seeds

1 Heat the oven to 200C/190C fan/gas 6. Pierce the aubergines a few times with the tip of a knife, then brush with olive oil and put them on a baking sheet. Roast for about 40-45 mins, or until the aubergines are completely tender.
2 Melt the butter in a pan, then stir through the harissa. Cut the aubergines in half, opening them up a bit like a baked potato. Put them on a warm platter and season the inside of each one, then mix the yogurt with the garlic. Spoon some of this into each aubergine, then drizzle over the spiced butter. Scatter over the coriander and sesame seeds to serve.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING 361 kcals • fat 30g • saturates 16g •
carbs 11g • sugars 10g • fibre 10g • protein 7g •
salt 0.5g



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Summer's here!

Make strawberries
the star while they're
in season with our
fabulous sweet
and savoury recipes

recipes ANNA GLOVER
photographs STUART OVENDEN



Triple-layered berry cheesecake

The perfect showstopping dessert for summer. Top with strawberries or a mix of fresh berries, if you like. Lemon extract cuts through the intense sweetness of white chocolate, but leave it out if you prefer.

SERVES 10-12 **PREP** 30 mins plus at least 4 hrs chilling **COOK** 4 mins **EASY**

100g butter, melted, plus extra for the tin
200g digestive biscuits
2 gelatine leaves
50g raspberries
50g caster sugar, plus 2 tbsp
350g strawberries

500g full-fat soft cheese
250ml double cream
few drops red or pink food colouring
1 tbsp vanilla bean paste
50g white chocolate, melted
few drops lemon extract (optional)

1 Butter and line the base and sides of a 20cm springform tin. Blitz the digestives in a food processor until you get fine crumbs, or bash in a sandwich bag with a rolling pin. Transfer to a bowl and stir in the melted butter until it looks like damp sand. Tip into the prepared tin, and smooth the mixture with the back of a spoon to make an even base, then chill.

2 Soak the gelatine leaves in cold water. Put the raspberries in a food processor or in a jug using a stick blender, and whizz to a smooth purée. Sieve out the seeds. Warm the raspberry sauce in a small pan with 1 tbsp sugar until just starting to steam, then pour over 1 drained gelatine leaf in a bowl and stir to dissolve.

3 Whizz 3 (about 65g) of the strawberries in a food processor, and warm through with 1 tbsp sugar in the same way. Tip into a bowl and stir in the other drained gelatine leaf.

4 Whisk the soft cheese, cream and caster sugar until it just starts to thicken. Divide between three bowls (about 260g per bowl). Fold the strawberry purée into one with a few drops of food colouring to make it light pink, the raspberry mix with the gelatine into another with more food colouring so it's dark pink, and the vanilla bean paste into the third.

5 Spoon the raspberry filling over the biscuit base, smoothing the surface so it's flat. Next, add the strawberry filling, gently smoothing over without disturbing the bottom layer, then repeat with the vanilla mixture, using a clean spoon to level the top. A spatula or knife might help with this to keep from dragging the below layers. Chill for 4 hrs or overnight.

6 Run a knife around the sides of the cake tin between the cheesecake and the parchment, and loosen the base. Transfer to a cake stand, and smooth the sides, using a palette knife, to neaten the layers. Mix the chocolate with a few drops of lemon extract, if using. Pile the remaining strawberries, some sliced, some whole, on top, and drizzle over the chocolate to finish.

PER SERVING (12) 400 kcal • fat 32g • saturates 19g • carbs 22g • sugars 14g • fibre 2g • protein 4g • salt 0.6g

STEP-BY-STEP HOW TO LAYER IT



1 Pack the base mixture down with the back of a spoon and chill.



2 Smooth over the cheesecake mixtures, starting with the darkest and ending with the lightest. A knife or spatula will help to spread the layers.



3 Using a palette knife or cutlery knife, neaten the edges of the cheesecake and define the layers before topping with lots of strawberries.

**DID YOU KNOW...**

...strawberries are not technically fruit as their seeds are on the outside. Strawberry plants are runners, and are not produced by seeds. They have an average of 200 seeds per fruit and are actually a member of the rose (rosaceae) family.



Strawberry, feta & thyme tart

This might sound odd, but it tastes delicious. Roasted strawberries are sweet and juicy, and pair perfectly with salty feta and crumbly puff pastry.

SERVES 6 **PREP** 15 mins **COOK** 25 mins **EASY** **V**

100g crème fraîche
3 thyme sprigs, leaves picked, plus
extra to serve
100g vegetarian feta, crumbled
½ garlic clove, crushed
½ lemon, zested
pinch chilli flakes
1 sheet ready rolled puff pastry
(about 320g)
200g strawberries, sliced
rocket salad, to serve (optional)

- 1 Heat the oven to 200C/180C fan/gas 6, and put a baking sheet in the oven to warm up.
- 2 Mash the crème fraîche, thyme, feta, garlic, lemon, chilli and some seasoning in a bowl with a fork until fairly smooth.
- 3 Unravel the pastry onto a piece of baking parchment and score a 1cm border around the edge with a sharp knife. Spread the crème fraîche mixture onto the tart, smoothing over up to the border edges. Scatter the strawberry slices over and bake for 25 mins until golden and puffed up. Scatter over more thyme leaves and serve with a rocket salad and a chilled glass of rosé.

GOOD TO KNOW vit c

PER SERVING 328 kcals • fat 24g • saturates 13g • carbs 20g • sugars 3g • fibre 3g
• protein 6g • salt 0.9g

A SHORT HISTORY

Strawberries have been enjoyed since the Roman times. Native to many parts of the world, hundreds of varieties of strawberries exist due to crossbreeding techniques. In 1714, a French engineer on an assignment in Chile and Peru observed that the strawberry native to those regions was much larger than those found in Europe. He decided to bring back a sample of this strawberry to cultivate in France. The end result was a large, juicy, sweet hybrid (the modern garden strawberry) that became extremely popular in Europe.

gf tip

THE BEST THYME

- Buy a thyme plant, rather than a bunch so you get the softer, more delicate leaves and tips. The bunches can sometimes be quite woody.





Strawberry, tomato & watercress salad with honey & pink pepper dressing

Pink peppercorns give this salad dressing a gentle hum of spice (rather than the harsh hit of black pepper) and added citrussy tang – perfect when paired with ripe tomatoes and sweet strawberries. Serve as a side to salmon, or simply on its own as a light lunch.

SERVES 4 **PREP** 10 mins **COOK** 2 mins **EASY** **V**

300g strawberries
250g mixed tomatoes
100g watercress, woody stalks discarded

For the dressing

1 tbsp pink peppercorns
2 strawberries (about 40g), chopped
½ tbsp honey
½ lemon, juiced
3 tbsp extra virgin olive oil

1 For the dressing, toast the peppercorns in a dry frying pan for 1-2 mins until fragrant, then bash briefly using a pestle and mortar with a pinch of salt to break up the skins. Add the 2 strawberries and smash them to a paste.

2 Stir in the honey and lemon juice. Tip the dressing into a large bowl, and whisk in the olive oil. Check for seasoning, then add a little more salt or lemon juice, if you like. To assemble the salad, cut the strawberries into quarters or slim wedges, and roughly chop the tomatoes, slicing some and halving others so you get lots of different shapes. Mix with the watercress in the bowl.

3 Divide the salad between four plates or pile onto a platter. Spoon over any dressing left in the bowl.

GOOD TO KNOW healthy • low cal • folate • vit c • 2 of 5-a-day • gluten free

PER SERVING 128 kcals • fat 9g • saturates 1g • carbs 8g • sugars 8g • fibre 5g • protein 2g • salt 0.04g



BULK IT UP

● Add **crumbled feta** and serve with **warm focaccia** for a more filling meal.

BUYING THE BEST

Elsanta is one of the most common type of strawberry available. It's sweet, but has a high water content, giving it a crisp texture. For flavour, sweetness and a softer texture, look for other British varieties, such as **Ava, Florence, Alice** and **Rhapsody**.

Also look out for the wild **fraises des bois**, from France. Small, with a conical shape, they have a wonderfully intense aroma and flavour.

Strawberry & pistachio olive oil cake

A really versatile cake that's perfect for afternoon tea or dessert. It's gluten-free, too.

SERVES 10 **PREP** 25 mins **COOK** 55 mins **EASY** V

200ml olive oil, plus extra for the tin
225g shelled pistachios
200g caster sugar
3 large eggs
150g fine cornmeal or polenta
1 tsp gluten-free baking powder
200g strawberries, chopped, plus extra to serve
icing sugar and crème fraîche or yogurt, to serve

1 Heat the oven to 180C/160C fan/gas 4. Oil and line the base of a 23cm cake tin. Put 200g of the pistachios in a blender, and whizz until it looks like ground almonds.

2 Whisk the sugar and eggs together with an electric whisk until pale and fluffy – this should take about 5 mins. Add the olive oil, continually whisking, then fold in the ground pistachios, cornmeal or polenta and baking powder with a pinch of salt. Fold in the strawberries, then scrape into the tin. Roughly chop the remaining pistachios and scatter over the top.

3 Bake for 50-55 mins until golden and risen. Leave to cool in the tin to room temperature before transferring to a cake stand or plate. Dust with icing sugar and serve with crème fraîche or yogurt and extra strawberries.

GOOD TO KNOW gluten free

PER SERVING 479 kcs • fat 33g • saturates 5g • carbs 36g • sugars 23g • fibre 3g • protein 8g • salt 0.2g

ADD FINISHING TOUCHES MAKE IT EXTRA SPECIAL

● **Roast halved strawberries** dusted in a little **caster sugar** on a parchment-lined baking tray at 180C/160C fan/gas 4 for 25 mins until soft and juicy. Serve warm, spooned over the cake with some of the roasting juices and scoops of **ice cream** for an impressive dessert.

gf tips

GROWING YOUR OWN

**5 top tips from BBC
Gardeners' World's
Miranda Janatka**

- Place straw under the developing fruit to prevent them rotting on wet soil.
- Grow plants in full sun to allow fruit to fully ripen.
- Once the flowers finish, water well to produce juicy fruit.
- Grow a couple of different strawberry varieties to have harvests ready at different times in the summer.
- Young new plants will grow from parent plants on stems called runners. Cut off and pot up to grow more plants.



Strawberry shortcake slice

When biscuits are layered with strawberries and cream, they soften to create an indulgent no-bake dessert that's super easy and delicious.

SERVES 14 **PREP** 25 mins plus overnight chilling **NO COOK EASY** **V**

600ml double cream
1 tbsp vanilla bean paste
1 tbsp orange blossom
125g icing sugar, plus 2 tbsp
500g shortcake biscuits, plus
3 crushed
350g strawberries, sliced

1 Line a 20cm cake tin or dish (either a square or rectangle works well) with cling film, leaving an overhang. Whip 500ml of the cream, the vanilla, orange blossom and 125g icing sugar with an electric whisk until thick and billowy.

2 Add a layer of biscuits to the tin, and spoon over some of the cream, about 1cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries until you fill the tin, finishing on a layer of biscuit. You'll have some strawberries left over to serve. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.

3 To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100ml cream with 1 tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining 1 tbsp icing sugar, and sprinkle the biscuit crumbs in between the rows of strawberries. Cut into slices to serve.

PER SERVING 442 kcal • fat 31g • saturates 18g • carbs 37g • sugars 20g • fibre 2g
• protein 3g • salt 0.2g

gf tip

GIVE IT A GLOSSY FINISH

● *Dusting the strawberries with icing sugar gives a nice shine as it dissolves, and makes them lovely and glossy.*

TRY A TWIST

A FEW SIMPLE SWAPS

● Add **1 tsp rosewater** instead of orange blossom and top with **chopped pistachios** instead of biscuit crumbs.

● Try this method with different biscuits, such as **digestives** or **malted milk** and swap strawberries for other fruits.





family

everyday favourites MADE HEALTHIER

We've taken some much loved dishes and tweaked them a little to make them more nutritious – they will quickly become your new favourites

recipes LULU GRIMES *photographs* MIKE ENGLISH

Chicken, sweet potato & pea curry

Serve this with brown or white rice, or some roti. Different korma pastes vary in heat so add a little more, if you like spice.

SERVES 4 **PREP** 10 mins

COOK 30 mins **EASY**

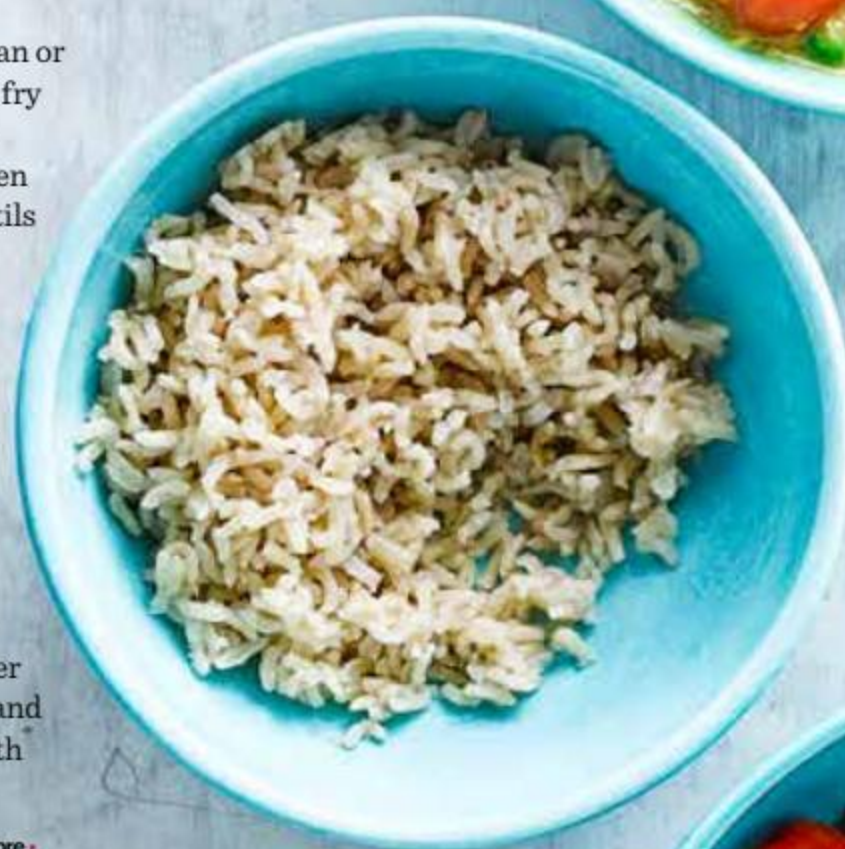
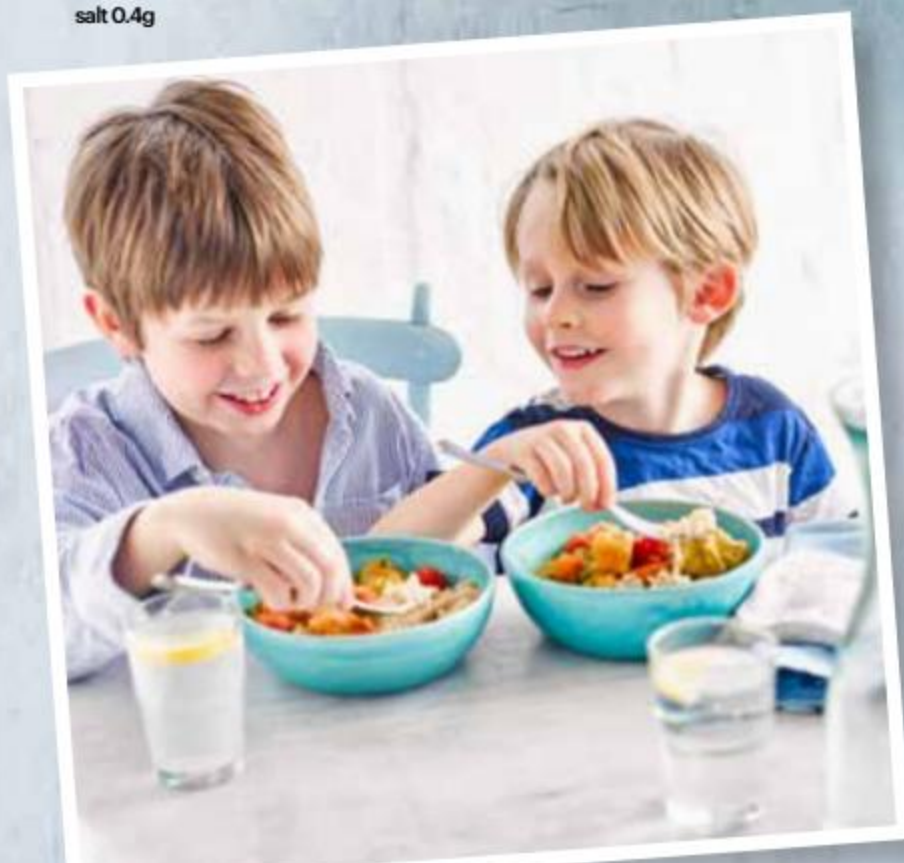
1 tbsp rapeseed oil
1 tbsp korma paste
2 skinless chicken breast fillets,
each cut into 8-10 pieces
320g sweet potatoes, chopped into
bite-sized pieces
6 tbsp red lentils
325ml can light coconut milk (freeze
the rest for later)
200g frozen peas
220g cherry tomatoes
300g cooked rice or roti, to serve

1 Heat the oil in a deep frying pan or wok, stir in the curry paste and fry for 30 seconds until it becomes fragrant. Stir in the chicken, then add the sweet potatoes and lentils and keep stirring to coat everything in the paste. Add 300ml water and the coconut milk. Bring to the boil, then simmer for 15-20 mins or until the chicken and sweet potato are cooked through and the consistency of the sauce is slightly thickened.

2 Tip in the peas, bring back to the boil and simmer for a further 2 mins, then add the tomatoes and cook for 2 mins more. Serve with steamed rice, or roti.

GOOD TO KNOW healthy • low fat • low cal • fibre • iron • 4 of 5-a-day

PER SERVING 485 kcals • fat 12g • saturates 6g • carbs 59g • sugars 11g • fibre 8g • protein 31g • salt 0.4g





Chicken & bean enchiladas

Only add extra chipotle paste after tasting at the end of step two.

SERVES 4 **PREP** 10 mins

COOK 55 mins **EASY**

1 tbsp rapeseed oil
2 red onions, sliced
2 red peppers, deseeded and sliced
2 garlic cloves, crushed
2 tsp chipotle paste (add extra if you prefer more heat)
2 skinless chicken breasts, cut into thin strips
400g can black beans or kidney beans
small bunch coriander, chopped
500ml passata
1 tsp ketchup or sugar
6 medium tortillas
50g mature cheddar, grated
green salad, to serve

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a large frying pan and add the onions, peppers and

half the garlic. Cook for 15 mins, stirring now and then until the veg has softened. Stir in the chipotle paste, then fry for 1 min more. Add the chicken strips, turning them over in the mixture so they cook through, about 5-10 mins.

2 Stir in the beans, coriander and 150ml of the passata, then take the pan off the heat. Mix the rest of the passata with the remaining crushed garlic and the ketchup.

3 Divide the mixture between the tortillas, then fold the sides in and roll them up. Pour half the passata sauce into a 22cm square baking dish, then place the enchiladas on top, side by side. Dot over the remaining sauce and sprinkle over the grated cheese, then bake for 25-30 mins until golden brown.

GOOD TO KNOW low fat • low cal • calcium • fibre • vit c • 4 of 5-a-day

PER SERVING 484 kcals • fat 12g • saturates 5g • carbs 54g • sugars 14g • fibre 12g • protein 34g • salt 1.4g

Sausage & white bean casserole

SERVES 4 **PREP** 20 mins

COOK 1 hr 5 mins **EASY**

1 red or yellow pepper, deseeded and cut into chunks
 2 carrots, cut into thick slices
 2 red onions, cut into wedges
 8 chipolatas, cut into thirds
 400g can peeled cherry tomatoes
 400g can white beans, drained
 200ml low-salt chicken stock
 2 tsp Dijon mustard
 100g frozen peas
 potatoes, pasta or rice, to serve

1 Heat oven to 220C/200C fan/gas 7. Roast the pepper, carrots and onion in a deep baking dish for 15 mins. Add the sausages and roast for a further 10 mins.

2 Reduce oven to 200C/180C fan/gas 6, tip in the tomatoes and beans, then stir in the stock. Cook for another 35 mins. Stir in the mustard and peas and return to the oven for 5 mins. Rest for 10 mins, then serve with potatoes, pasta or rice.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 4 of 5-a-day

PER SERVING 363 kcals • fat 17g • saturates 6g • carbs 32g • sugars 15g • fibre 11g • protein 16g • salt 1.2g





Crispy chicken strips

Japanese panko breadcrumbs are larger and crisper than ordinary breadcrumbs and are readily available these days, but ordinary will still work in this recipe.

SERVES 4 **PREP** 15 mins plus 1 hr chilling **COOK** 15 mins **EASY**

150ml buttermilk or skimmed milk mixed with 2 tsp lemon juice then left for 5 mins

2 large skinless chicken breasts or 4 small pieces pork escalope

50g panko breadcrumbs

1 tbsp rapeseed oil

For the sauce

2 tbsp ketchup

1 tsp soy sauce

½ tsp white wine vinegar

For the carrot salad

2 large or 4 small carrots (about 300g), peeled and grated

½ lemon, juiced

1 tbsp olive oil

baked potatoes, to serve

1 Pour the buttermilk into a wide, shallow bowl. Cut each chicken breast in half horizontally and pat dry with kitchen paper. Turn them over in the buttermilk, leave in the dish and chill for 1 hr. Meanwhile, for the salad, mix the carrot with the lemon juice and olive oil. Mix the sauce ingredients together in another bowl and set both aside.

2 Heat a large, non-stick frying pan, tip in the breadcrumbs and toast in the dry pan for 2-3 mins until pale brown, stirring regularly so they don't burn. Tip into a bowl and break up any large clumps.

3 Heat oven to 230C/210C fan/gas 8. Tip the crumbs onto a large plate, then lift the chicken breasts from the buttermilk, and roll them in the crumbs, making sure they are coated evenly.

4 Heat ½ tsp of oil in a non-stick frying pan. Fry the chicken for 1-2 mins over a medium-high heat, then turn it over, adding the rest of the oil and fry for 1 min more.

5 Transfer the chicken to a baking sheet and bake for 5 mins, then rest for 5 mins and cut into strips. Serve the chicken and the carrot salad with the sauce and baked potatoes.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 229 kcals • fat 7g • saturates 1g • carbs 18g • sugars 9g • fibre 3g • protein 21g • salt 0.7g

Macaroni cheese with veg

Make this vegetarian by swapping the cheeses for veggie versions.

SERVES 4 PREP 10 mins

COOK 45 mins EASY V

500ml skimmed milk

25g cornflour

220g macaroni

100g extra mature cheddar, grated
(check the label for vegetarian)

25g grana padano or vegetarian
alternative, grated

8 blocks frozen spinach, defrosted

220g ripe cherry tomatoes, halved

1 Heat oven to 200C/180C fan/gas 6. Mix 3 tbsp of the milk with the cornflour and warm the remaining milk in a pan. Meanwhile, bring a pan of water to the boil, tip in the macaroni and cook for 6 mins, stirring occasionally.

2 To make the sauce, stir the cornflour mix into the warm milk

and keep stirring over a low heat until thick and smooth. Remove from the heat and stir in most of the cheddar (leaving a little to sprinkle over at the end) along with the grana padano and pepper to taste.

3 Drain the macaroni well, then stir into the sauce. Squeeze the excess moisture from the spinach by pressing it into a fine sieve. Divide the spinach between four individual ovenproof dishes, followed by the tomatoes. Spoon the macaroni cheese over the veg, then finish with a sprinkle of the remaining cheddar. Bake for 15-20 mins or until the sauce bubbles and browns on top.

GOOD TO KNOW calcium

• fibre • 2 of 5-a-day

PER SERVING 430 kcals

• fat 13g • saturates 7g

• carbs 53g • sugars 9g

• fibre 6g • protein 23g

• salt 0.8g





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health

Delicious recipes and top tips for staying in shape



■ Health news, page 60



ready in 15

■ satisfying
desk lunches, page 66



healthy lunches

■ no-cook meals, page 62

health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



Health-led restaurant Origins opens at VIDA Emirates Hills

Laid-back eatery, Origins has opened its doors within the VIDA Emirates Hills community, with the promise to serve wholesome food. Origins prides itself on its sourcing and ethos of transparency, using locally sourced ingredients to produce hearty and homely dishes. Origins is set to become a go-to spot for a leisurely breakfast with family, dinner and drinks with friends or a mid-afternoon coffee on the terrace overlooking Emirates Golf Club and The Address Montgomerie.

The brasserie-style menu boasts a generous selection of light dishes such as green pea soup and homemade ricotta, grilled calamari salad, and lamb shoulder flatbread, while mains include dishes like lamb chops, corn-fed baby chicken, yellow fin tuna and organic sea bass.

Open from 7am – 11am for breakfast, 12pm – 5pm for lunch and 7pm – 11pm for dinner. Call 04 872 8888.

Free wellness session in DIFC on July 9

Dubai International Financial Centre (DIFC) has partnered with Dubai's popular yoga and fitness studio, INSPIRE, to offer a 'Hush from the Rush' session on 9 July 2019 from 5pm to 8pm – completely free of charge

to the public. Using aromatherapy, sound baths, and Yin Yang yoga, the class is designed to help participants relieve stress, stimulate the vagus nerve and learn how they can improve their mental strength and physical health.

"Between work pressures at the office and commitments at home, it's natural for people to be in an 'always-on' mode, but it's equally important to take the time out to relax, recharge and disconnect from your busy lives. From 8am to 6pm, Sunday to Thursday, DIFC is the place where major deals are closed, high-level meetings take place and global transactions are completed. Outside of these hours, however, we are committed to offering the community a space to unwind, de-stress and simply enjoy themselves," said Peyman Parham, VP, DIFC Authority.

This free of charge session will be held in the DIFC Gate Avenue for working professionals to unwind right after work, and recharge before going home. To confirm your attendance, register via the MINDBODY app or visit mindbody.io.



Relaxing summer spa deal at W Dubai – The Palm



W Dubai - The Palm's AWAY Spa has launched a relaxing daycation deal for the summer months – available till September 15. The 'hot off the palm' offer includes a 60-minute massage at AWAY Spa that's designed to soothe the soul, followed by a refueling lunch from the Spa's very own food and drinks menu. The package also offers guests access to the WET pool deck and the beach – all for Dh499 per person. The 'hot off the palm' package is available daily, excluding Fridays, from 10am to 10pm. Call +971 4 245 5533.

Gluten-free menu launches at Café Bateel



Café Bateel has released a new menu that showcases gluten-free editions of the café's signature favourites. Catering to growing demand, the new menu offers gluten-free ingredients featuring a selection of dishes, from healthy salads to hearty soups, freshly made pastas, main courses and desserts for guests. Highlights from the menu include spicy tomato & quinoa soup,

and the Bateel Club with a combination of tomatoes, avocado and egg, layered with a choice of tuna or chicken, sandwiched between slices of homemade gluten-free toast. Delicious and light, guests can relish a variety of salads including the Superfood Salad, a nourishing mix of quinoa, lentils, beetroot and butternut squash, served with baby spinach, kale, mixed seeds and an avocado dressing, available to enjoy with chicken or halloumi.

For main course, there three cheese quinoa rigatoni, consisting of gluten-free pasta in a creamy yet light sauce featuring mascarpone, Parmigiana Reggiano and pecorino cheese or the rich and succulent Australian ribeye steak, served with a healthy superfood salad, quinoa and a zesty avocado dressing, plus more.

Café Bateel's gluten-free menu is available daily at all café outlets across the UAE. Visit bateel.com/en/cafe/.

NEW FITNESS CLASS

Power Cycle, JLT



Looking for a new fitness class to try? Head to Jumeirah Lakes Towers (JLT) to the newly-opened Power Cycle studio. Born in Brazil and run by Brazil's finest recruits who have been flown over to coach, Power Cycle isn't your ordinary spin class.

In each class, your watts and power are tracked so you can see how you improve class by class. The classes are interactive too, with avatars on the screen showing you cycle through the tracks of Brazil or Greece – all paired with popular up-beat tunes from

the 80s and 90s, plus the latest remixes, ensuring there's something for everyone. A combination of motivating music, an electric atmosphere, as well as encouraging instructors ensure you get the very best workout possible.

Despite the name Power Cycle, it's not just spin classes on offer, TACFIT, known as 'the world's smartest workout' is also a popular choice, with a fitness system consisting of 26 workouts to really work each muscle.

Post-workout, Power Cycle's changing facilities are on hand with showers, towels, shampoos and even a choice of nail polishes. There's also energy bars, juices and protein powders available from the reception.

Power Cycle is open to all fitness levels and is part of the fitness app Class Pass. There's a variety of packages ranging from Dhs65 per class (when buying a package), to Dhs1,099 unlimited use. The first class is free. For more information, visit powercycle.ae or call +971 4 294 4989.

Ronda Locatelli expands vegan menu

Italian restaurant at Atlantis, The Palm, Ronda Locatelli has introduced nine new dishes to its vegan menu. Initially featuring over 40 dishes created by Giorgio Locatelli, the latest additions to the menu build on the restaurant's reputation as offering the largest vegan offering from a stand-alone non-vegan restaurant in the city. Crafted by Ronda Locatelli's Chef de Cuisine, Salvo Sardo, the new items include a variety of starters, pastas and pizzas.

Delights on the menu include starters like char-grilled asparagus served with quinoa, broad beans and salmoriglio sauce, plus panzanella salad with cherry tomatoes, onions, basil, oregano and vegan cheese, plus more. From the mains, there's the homemade maccheroni pasta with broad beans, asparagus and rocket, and a vegan twist on the traditional lasagne. Pizza lovers can enjoy even more flavours with three fresh options, including the asparagi, and campana. The asparagi is a white base pizza with vegan mozzarella, asparagus cream, fresh asparagus, walnut paste and pomegranate, while the campanais made of tomato sauce, vegan mozzarella, fried aubergines, capers and chili. For reservations, call +971 4 426 2626 or email restaurantreservations@atlantisthepalm.com.



healthy lunches

no-cook meals

Try these fresh, nutritious dishes to liven up your lunchtime – ideal for the warmer months

recipes ESTHER CLARK photographs ROB STREETER

Chipotle gazpacho



SERVES 4 **PREP** 25 mins plus 2 hrs chilling **NO COOK EASY V**

1kg ripe tomatoes, roughly chopped
1 large red pepper, deseeded and roughly chopped
½ cucumber, sliced
4 spring onions, finely sliced
1 small garlic clove, grated

40g blanched almonds, roughly chopped
3 limes, juiced
2 tbsp olive oil
2 tsp chipotle paste
1 large, ripe avocado, cubed
1 small red chilli, deseeded and finely chopped
½ small bunch coriander, finely chopped

1 Put the tomatoes, pepper, cucumber, 2 of the spring onions, garlic, half the almonds, half the lime juice, and all the olive oil

and chipotle paste into a blender. Whizz until almost smooth. Pour into a jug and chill for at least 2 hrs.

2 When ready to eat, toss the remaining spring onion, avocado, chilli and coriander with the remaining lime juice. Ladle the soup into four bowls and top with the avocado salsa and reserved almonds.

GOOD TO KNOW healthy • folate • fibre • vit c

• 3 of 5-a-day • gluten free

PER SERVING 277 kcals • fat 21g • saturates 3g • carbs 12g • sugars 11g • fibre 6g • protein 6g • salt 0.1g





Garden salmon salad



SERVES 4 **PREP** 15 mins
NO COOK EASY

2 courgettes
100g fresh shelled peas
8 radishes, halved
3 tbsp rapeseed oil
1 large lemon, zested and juiced

2 tbsp fat-free natural yogurt
75g pea shoots
4 poached salmon fillets, skin removed and flaked into large chunks
2 tbsp mixed seeds
½ small bunch dill, fronds picked

1 Cut the courgettes into long thin strips using a peeler, and discard the soft, seeded core. Toss the courgette ribbons, peas and radishes together in a large bowl.

Whisk the oil, lemon zest and juice, and yogurt together, then toss with the veg.

2 Put the pea shoots, dressed veg and large flakes of salmon on a large platter. Finish with a good grinding of black pepper, and scatter over the mixed seeds and dill to serve.

GOOD TO KNOW healthy • low cal • vit c • 1 of 5-a-day
PER SERVING 434 kcals • fat 31g • saturates 5g •
carbs 6g • sugars 3g • fibre 3g • protein 30g •
salt 0.2g

Smashed cannellini bean tartine

FIBRE

VIT C

2 OF
5-A-DAY

SERVES 2 **PREP 15 mins** **NO COOK**
EASY V

400g can cannellini beans, drained and rinsed

2 tbsp rapeseed oil

1 large lemon, zested and juiced

1 small garlic clove, finely grated

1 small red chilli, deseeded and finely chopped

½ small bunch parsley, finely chopped

8 cherry tomatoes, halved

2 slices sourdough

15g feta, crumbled

50g rocket

1 Put the beans, 1 tbsp of the oil, the lemon zest and juice and the garlic in a food processor and blitz to create a chunky texture. Transfer to a bowl and stir through the chilli, parsley and cherry tomatoes.

2 Lightly toast the bread and pile on the cannellini bean smash, scatter over the feta and drizzle with the remaining oil. Serve with the rocket on the side.

GOOD TO KNOW healthy • folate • fibre • vit c
• 2 of 5-a-day

PER SERVING 360 kcals • fat 15g • saturates 2g
• carbs 34g • sugars 4g • fibre 12g • protein 16g • salt 0.7g

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recipes SARA BUENFELD photographs WILL HEAP

Miso sesame eggs



SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY** V

2 large eggs
1 tsp white miso
2 tsp toasted sesame seeds
pinch smoked paprika

1 Boil the eggs for 10 mins, then cool under cold running water. When cool enough to handle, carefully remove the shells.
2 Halve the eggs and scoop out the yolks into a small bowl. Add the miso and mash together with a dash of water to create a creamy consistency. Spoon back into the eggs and scatter over the sesame seeds, then sprinkle over the paprika. *Can be kept in the fridge for up to two days.*

GOOD TO KNOW low cal
PER SERVING 121 kcals • fat 8g • saturates 2g • carbs 1g • sugars 0.1g • fibre 1g • protein 10g • salt 0.4g

Mexican egg roll



SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY** V

1 large egg
rapeseed oil, for frying
2 tbsp tomato salsa
1 tbsp chopped coriander

1 Beat the egg with 1 tbsp water. Heat a little of the oil in a medium non-stick pan. Pour in the egg and swirl around the base of the pan, then cook until set. There is no need to turn it.
2 Carefully tip the pancake onto a board, spread with the salsa, sprinkle over the coriander, then roll it up. It can be eaten warm or cold. *Can be kept chilled for up to two days in the fridge.*

GOOD TO KNOW low cal • gluten free
PER SERVING 133 kcals • fat 10g • saturates 2g • carbs 2g • sugars 2g • fibre 1g • protein 9g • salt 0.4g

Avocado with Virgin Mary dressing

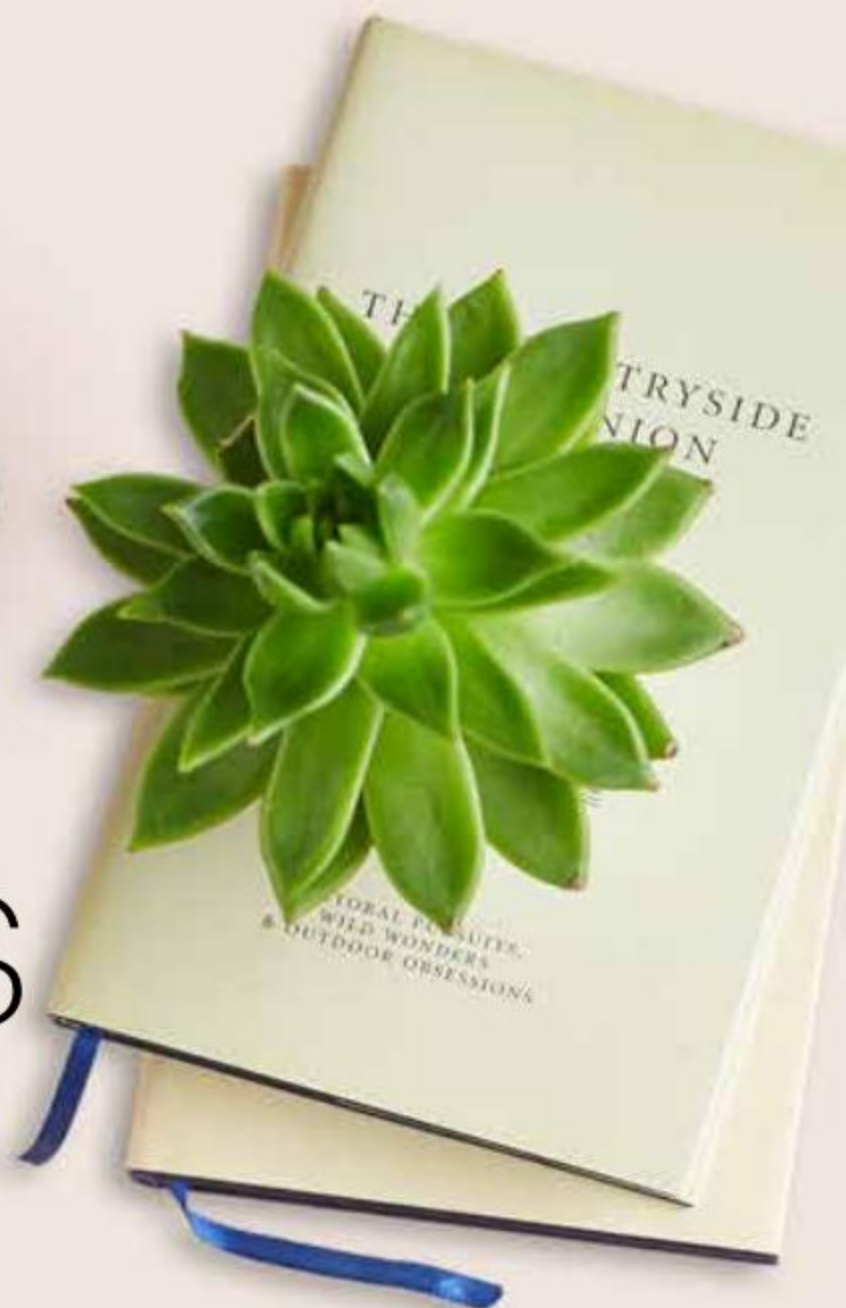


SERVES 2 **PREP** 5 mins
NO COOK **EASY**

2 tomatoes, quartered
¼ tsp Worcestershire sauce
¼ tsp or a few shakes chilli sauce (we used sriracha)
good pinch celery salt
1 small ripe avocado, halved and stoned
3 pimento-stuffed green olives, halved

Put the tomatoes in a bowl with the Worcestershire and chilli sauces, and the celery salt. Blitz to a purée with a hand blender, then spoon into the avocado and top with the olives. Best eaten straightaway.

GOOD TO KNOW vit c • 2 of 5-a-day • gluten free
PER SERVING 168 kcals • fat 15g • saturates 3g • carbs 4g • sugars 3g • fibre 4g • protein 2g • salt 0.6g



Nutty chicken satay strips

PROTEIN

1 OF
5-A-DAY

SERVES 2 PREP 10 mins

COOK 8-10 mins EASY

2 tbsp chunky peanut butter
(without palm oil or sugar)
1 garlic clove, finely grated
1 tsp madras curry powder
a little soy sauce
2 tsp lime juice

2 skinless, chicken breast fillets
(about 300g) cut into thick strips
10cm cucumber, cut into thin slices
sweet chilli sauce, to serve

1 Heat oven to 200C/180C fan/gas 4 and line a baking tray with baking parchment.

2 Mix the peanut butter with the garlic, curry powder, a few shakes of soy sauce and the lime juice together in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a looser consistency.

3 Add the chicken strips and mix well. Arrange on the baking tray, spaced apart, and cook in the oven for 8-10 mins until cooked through.
4 Eat warm with the cucumber and chilli sauce. *Alternatively, leave to cool and keep chilled for up to two days.*

GOOD TO KNOW 1 of 5-a-day

PER SERVING 276 kcal • fat 10g • saturates 2g •
carbs 3g • sugars 2g • fibre 2g • protein 41g • salt 0.7g





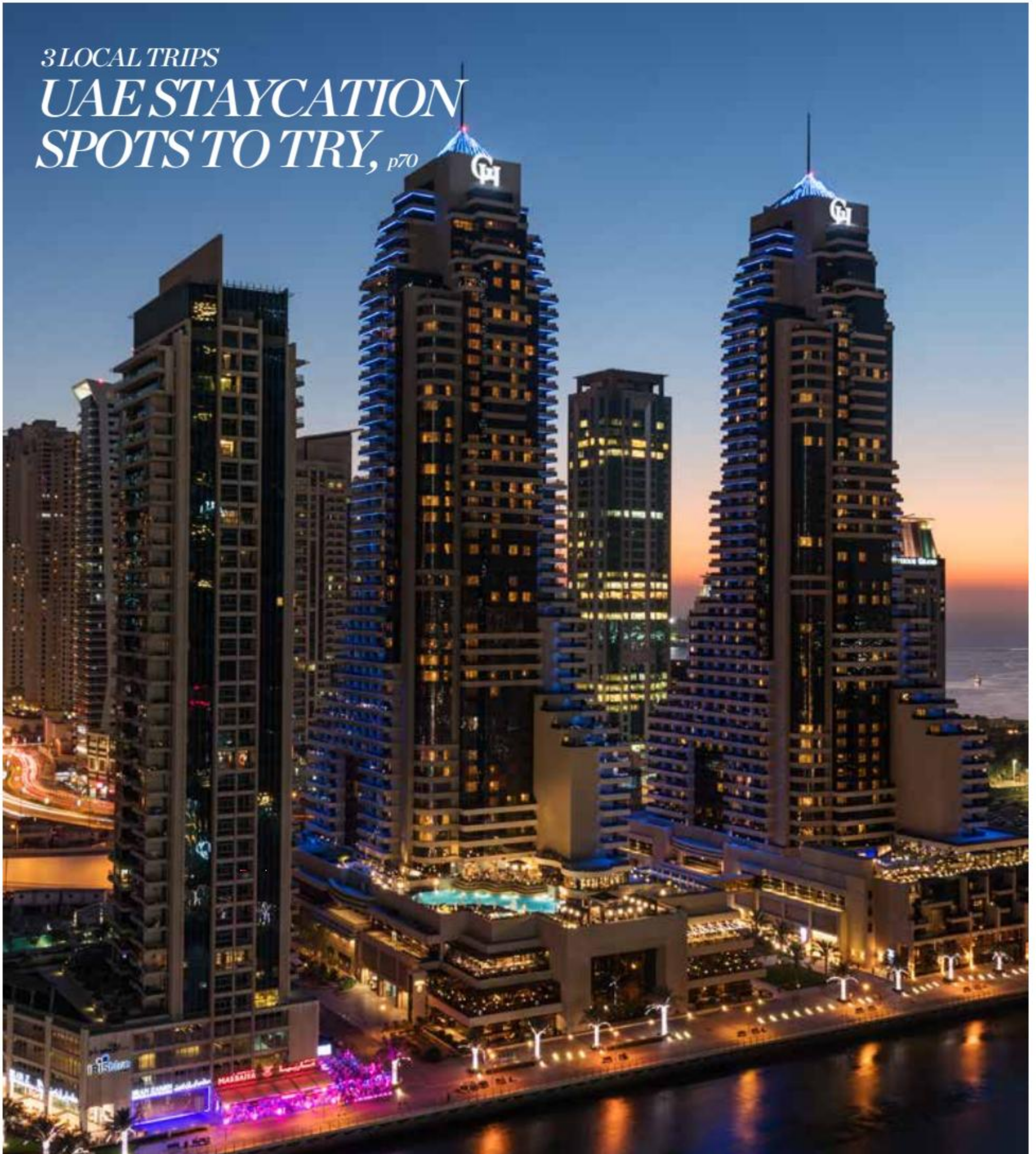
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3 local trips

UAE staycation spots to try

Explore unspoiled mangroves in Ajman followed by beachside oysters, check-in to your very own private desert oasis and enjoy starlit dining at Al Maha Desert Resort, or experience culinary heights at Grosvenor House, Dubai while taking in glittering marina views. A getaway need not involve the hassle of air travel, when the UAE has so much to offer on its doorstep.

By **Sophie Voelzing**

Where?

GROSVENOR HOUSE, DUBAI

What's it like? Nestled in jaw-dropping surroundings of Dubai Marina, Grosvenor House is not difficult to miss with its luxurious two towers rising 45-stories high. Offering stunning views over the water, this hotel is in a great location for those looking for easy access to nearby hot spots. On the other hand, it's also fully-equipped within, so that if you'd prefer to eat, drink, party and relax all under one roof, you can do that too.

Inside, the hotel is sophisticated and elegantly decorated – boasting heritage and class with welcoming neutral colour palettes and polished marble floors. To sleep, there's 750 guest rooms, suites and apartments to choose from, all of which are spacious and inviting, and home to the world's comfiest beds (tried and tested by us) from the Luxury Collection's signature range.

Each of the towers house a gym, terrace pool and spa for relaxing. There's also access to a private beach at the property's sister hotel, Le Royal Méridien Beach Resort and Spa, located just across the road.

What's on the menu?

Grosvenor House, Dubai presents an impressive line-up of culinary options with two of the outlets led by celebrity

chefs, Gary Rhodes and Vineet Bhatia, who are known for their work internationally at Michelin-starred restaurants – so expect to be spoilt for choice.

Once checked in we recommend starting your evening with sundowners at Siddharta Lounge – a rooftop restaurant, lounge and bar that boasts 360-degree views of Dubai Marina and Palm Jumeirah. If you're in the mood for Asian-inspired Mediterranean fare, book a table in the restaurant to follow and party on into the evening with tunes by a resident DJ, who ensures an up-beat, trendy vibe.

Alternatively, spice things up at Indego by Vineet, the hotel's Indian restaurant by famed chef Vineet Bhatia, where you'll find expertly-prepared dishes bursting with vibrant flavours and invigorating spice blends in a fine dining environment with attentive yet unobtrusive service.

Or, if Anglo-French cuisine is more your cup of tea, head to Rhodes W1 where you'll find a tempting menu created by celebrated British chef Gary Rhodes. Delight in dishes such as Gary's popular white tomato soup, braised beef and a classic dessert, or enjoy refreshments in the bar area pre- or post-dinner.

For an energetic experience, a visit to Buddha-Bar isn't to be missed. Whether

it be for dinner or simply to try one of many impressive cocktails, this venue is one of Grosvenor House's late-night spots that's sure to keep the party going till the early hours. Serving up varied flavours from Asia, the menu draws inspiration from the cuisines of China, Japan and Thailand.

The hotel also houses Toro Toro, which serves pan-Latin cuisine, and Anatolian restaurant Ruya – both of which are open for dinner, however, we'd recommend checking out the Friday brunch offerings at these venues, as each deliver a superb served-to-the-table culinary offering paired with up-beat entertainment and a fun atmosphere – ensuring a great start to the weekend.

Best for: Couples or a small group of friends looking to indulge in the glitz and glam of Dubai's city life, paired with top-notch dining options.

STAY

Grosvenor House, a Luxury Collection Hotel, Dubai
Call 04 399 8888
Visit grosvenorhouse-dubai.com



CHEF'S MUST-TRY DISHES

As selected by the chefs themselves, here are the three must-try dishes at Rhodes W1 and Indego by Vineet, located within Grosvenor House, Dubai



Rhodes W1

Chef Gary Rhodes recommends:

1. Foie gras éclair with truffle mashed potato, sweet sherry jus
2. Beef Braised in red wine, orange baby carrots and parsley mash
3. Iced lemon parfait with sweet fennel, raspberries, pistachio and brittle dark chocolate sauce



Indego by Vineet

Chef Vineet Bhatia recommends:

1. Kappi chops – madras coffee lamb chops, mushroom barley, rogani sauce, and cashew-goat cheese samosa
2. Nawaabi dum murg - flaky pastry encrusted chicken tikka biryani layered with dry fruits, fresh mint and topped with egg
3. Chocolicious Indego – chocolate samosas, dark chocolate-chikki delice, choco walnut halva tart-beet cream, and choco blueberry lassi panacota





Where?

AJMAN SARAY, AJMAN

What's it like? Just a short 20-minute drive from Dubai, Ajman Saray makes for a relaxing beachside getaway without needing to travel too far. Situated on a natural stretch on Ajman's coast, this hotel is surrounded by nature and offers unobstructed views of the Arabian Gulf.

Ajman Saray is great for those who like to feel the sand beneath their toes, cocktail in hand. It's also for the adventure seekers, with varied watersport activities on-hand. Most tempting is the option to go kayaking at Ajman's natural mangroves, the Al Zorah nature reserve.

The inland creek or tidal lagoon, spreads over 2-square kilometres of biologically and ecologically rich wetland and is home to many rare and migratory bird species (close to 58 different species of birds inhabit here), plus many types of fish. The untouched area transports you from the craziness of city life, and makes you feel like you're not even in the UAE. Concierge at the hotel will be able to assist with booking an outing

to this area, however, if you'd like to make a booking yourself or simply make a day out of it, we'd recommend reserving with Quest for Adventure (questforadventure.net/kayaking) – an entertainment service provider in the area offering a range of activities for all ages.

Back at the hotel, rest your head in one of the property's 205 rooms – there's a variety of suites to choose from, plus deluxe rooms offering both sea and creek views.

What's on the menu?

A myriad of dining options await at Ajman Saray, from all-day international cuisine and Middle Eastern favourites, to steaks and fresh seafood by the beach.

Mejhana is the hotel's Arabic restaurant, which offers variety of the region's cuisines (predominantly Lebanese). Expect Arabic décor complimented by the region's traditional entertainment and aromas drifting from the oven as Arabic bread are freshly prepared to order. Outdoors, find a shisha lounge serving a wide range of flavours.

For breakfast, lunch and dinner, Safi

restaurant showcases international fare, with everything from freshly prepared grills to pan-Asian and Indian cuisines, cooked on demand to a guest's preferences.

During the day, head to Bab Al Bahr Beach Bar & Grill, a two-story venue overlooking the ocean and pool with a bar on the ground floor and roof terrace with separate BBQ station at the back of the kitchen.

For drinks, Escape – Equestrian Bar is where craft cocktails are prepared, while Al Shorfa Lobby Lounge is where you'll find homemade pastries and bakes served with a wide-range of coffees and teas.

Best for: Those looking for the best of both worlds – the ability to snooze by the beach, and access to fun activities such as kayaking in Ajman's natural mangroves, or watersports in the Gulf. Suitable for both families and couples.

STAY

Ajman Saray, a Luxury Collection Resort, Ajman
Call 06 714 2222
Visit ajmansaray.com





Where? AL MAHA DESERT RESORT, DUBAI

What's it like? An oasis tucked away in Dubai's desert, Al Maha Desert Resort should be a bucket-list destination for all looking to experience and embrace the traditions and heritage of the UAE. Offering privacy and exclusivity, Al Maha is a villa-only resort that allows entry to guests only. The secluded resort is reached by a winding desert road, where wild oryx, gazelles and camels can be sighted roaming freely around the protected grounds.

There really isn't a bad option available at Al Maha when it comes to accommodation, with 42 individual 1-, 2- and 3-bedroom villas available, all of which come complete with their own private swimming pools and unobstructed views over the dunes and Hajar Mountain massif. Don't be alarmed to find sweet visitors wandering around your outdoor terrace area during the day – gazelles are simply curious and scurry away as soon as you come near.

Al Maha is the perfect place for switching off thanks to its tranquil setting and secluded location – you'll not hear the sounds of traffic here, but instead the chirping of birds during the day and the glistening of stars under the dark night sky.

There's also plenty to keep you entertained, from nature walks, falconry and archery, to camel trekking and horseback riding.

Most exhilarating of the bunch is the option to take a guided desert and dune safari, which takes place all within the expansive grounds of the Al Maha property.

What's on the menu?

To dine, if true privacy is what you seek from your stay, in-villa dining on the deck of your suite is a recommended option, or alternatively a tailor-made menu experience at a chosen location on the property.

During your visit, a traditional Bedouin dinner under the stars isn't to be missed. Expect an Arabic buffet-



style meal with classics such as hot and cold mezze, lamb ouzi, flavoursome curries and moorish desserts like umm Ali to finish, plus much more. Dinner will be enjoyed from a low-rise table, where you'll find yourself seated on comfortable cushions on the floor. Sit barefoot under the desert's night sky with only candlelight to see while enjoying local specialities is an experience you'll never forget.

For breakfast, lunch and dinner, Mediterranean, international and Arabic cuisine can also be enjoyed from the Al Diwaan restaurant.

Best for: Travellers seeking peace and quiet away from the hustle and bustle of city life. With its offering centered around privacy and exclusivity, it's the perfect spot for a romantic weekend away for two. With close access to local wildlife and in-villa pools, it's also a wonderful place for a family with small children.

STAY

Al Maha, a Luxury Collection Desert Resort & Spa, Dubai
Call 04 832 9900
Visit al-maha.com





YOUR GETAWAY AWAITS

Create unforgettable memories this summer with kids and family offers at Kuwait's idyllic resort, Jumeirah Messilah Beach Hotel & Spa



Create unforgettable memories at Jumeirah Messilah Beach Hotel & Spa this summer with enticing offers specifically designed for families and children. With its kids' club, destination spa, swimming pools, water sports and a diversity of award-winning restaurants, Jumeirah Messilah Beach Hotel & Spa is waiting to welcome you with an exciting escape from the sizzling summer heat.

SUMMER STAY PACKAGE

Dive into the summer with luxurious room offers at very special rates and enjoy local and international flavours with complimentary breakfast at all-day dining Garden Café Restaurant.

KIDS SUMMER CAMP

Your little ones will discover a mountain of fun and wonders through adult-supervised activities like sport activities, nature studies, scavenger hunts, art and community projects with professional staff. The Kids' Summer Camp program is available in 5-day and 10-day packages.



TALISE SPA

Meanwhile, the resort's prestigious Talise Spa is the place to go for restorative treatments, rituals and therapies inspired by luxurious skincare products from around the world. Spanning 3,500-meter squares, a day at the Spa is complimented by a variety of exclusive facilities for the ultimate wellness experience that will leave one feeling completely refreshed and revived. The one-of-a-kind Himalayan Salt Room is a must-visit. Featuring precious salt bricks compressed over millions of years from the mountains of the Himalayas, the Salt Room possesses healing powers that are believed to be beneficial for respiratory ailments and the body's immune system.

Suffused with peaceful beauty to offer the perfect escape, explore the Summer Soother 90-minute treatment that includes magnetic exfoliation followed by a rose body massage, foot treatment and personalized facial mask. Experience the new 120-minute Amra 24kt Gold Plated Hot Stones with a foot ritual to ease the pressures of the day, where after a complimentary body cleanse, the body is drizzled with pure 24kt Gold Body Oil and then massaged with

AMRA 24kt Gold Plated Hot stones. To unwind even further, you can relax in the Sauna and Steam Room followed by Kuwait's exclusive snow room.

Adventurous guests can head to the beach for kayaking, banana-boating, or a sunset cruise and stay refreshed with signature snacks from the poolside Mint Café by the infinity pool. You can also take on the energetic Aqua Zumba classes held by the resort's instructor at the main pool. Children can enjoy the watery playground called the Splash pool, or escape to the Sinbad Kids' Club

and Teen Scene Club complete with fun activities from the latest board games, movies at the private kids' cinema and Arts & Crafts.

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Jumeirah Messilah Beach Hotel & Spa, Kuwait

Call: +965 22269600

E-mail: JMBinfo@jumeirah.com

Visit: jumeirah.com

  @JumeirahMessilahBeach



Summer Stay Package

Dive into the summer with luxurious room offers at very special rates. Enjoy local and international flavours with complimentary breakfast at all-day dining Garden Café Restaurant.



COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A SUPERIOR SUMMER BRUNCH STAYCATION FOR 2 AT ST. REGIS ABU DHABI! WORTH DHS1,700

Transcend your weekend to the next level luxury with Friday Brunch this summer complemented with an overnight stay. With more than a hundred years of bespoke St. Regis tradition, guests are invited to elevate their weekend with the award-winning Friday Brunch at The Terrace on the Corniche complemented by an overnight stay in one of the Superior Sea View rooms overlooking the turquoise waters of the Arabian Gulf.

The Terrace on the Corniche welcomes you, family and friends to share quality time at the renowned hearty and colourful Friday Brunch and indulge in an infinite selection of the freshest seafood, sushi, foie gras, fine grilled cuts and more — many of which are prepared

live in front of you. Just remember to save some room, a visit to the dedicated dessert, cheese and chocolate rooms are a must!

The St. Regis Abu Dhabi is setting the standard for luxury in the capital with exceptional, unique experiences, butler service and 228 guestrooms and 55 suites – situation between the 33rd and 49th floor - that enchant with the finest materials, dedicated to creating a truly restful ambience and the desire to leave nothing to chance. Relax at Nation Riviera Beach Club, a haven of wellness and recreation, featuring a 200 metre private beach, secluded cabanas, a spacious infinity pool complete with gardens and a swim-up pool bar as well as exclusive fitness facilities. Younger guests will take joy at the Treasure Island Children's Club, which is designed as a mock pirate's ship and provides a safe and enjoyable area for children, with fully-supervised indoor and outdoor activities including a pool and water slide.

The prize includes an Overnight Stay in a Superior Sea View Room, Friday Brunch for two at the Terrace on the Corniche, Thursday Night Dinner or Saturday New York Breakfast, 20% off in hotel bars and lounges – valid for a one-night stay from Thurs to Fri or Fri to Saturday.



WIN!

1 OF 2 BRUNCH OR DINNER VOUCHERS FOR 2 AT BUKHARA! WORTH DHS300 EACH

Perfectly designed to echo the heritage and culture of India, with a contemporary twist, Bukhara brings the essence of the rugged North West Frontier of India to life with aromatic and deeply flavourful, fresh ingredients that epitomise the concept of farm to table. This wonderfully upbeat space recreates the charm of the traditional clay oven, or tandoor, with a delicious menu of succulent tandoor-cooked kebabs, vegetables, traditional breads and much more.



WIN!

DINNER AT LONDON SLIDE! WORTH OVER DHS500

Newly opened London Slide is giving a lucky winner the chance to win a meal for six worth over Dhs500, which for each guest includes a serving of sliders or baos of choice, a delicious side, a 0% cocktail such as the 'Orange Spritz', pineapple-lavender sparkler, a choice of a milkshake that comes in signature flavours including Bannoffee and Cotton Candy Treat or a generous serving of decadent ice-cream.



WIN!

BEVERAGE & FOOD CREDIT TO SPEND AT SOBE, W DUBAI – THE PALM! WORTH DHS500

Soak up a stunning panoramic view of Palm Jumeirah and beyond at the 360-degree terrace and indoor bar, SoBe at W Dubai – The Palm. Pick your poison from SoBe's artisanal beverage and bar bites menu. Let the night sink in at the neon-lit adults' playground. #SoBeYourself



WIN!

DINNER FOR 2 AT MODERN JAPANESE RESTAURANT, PARU! WORTH DHS500

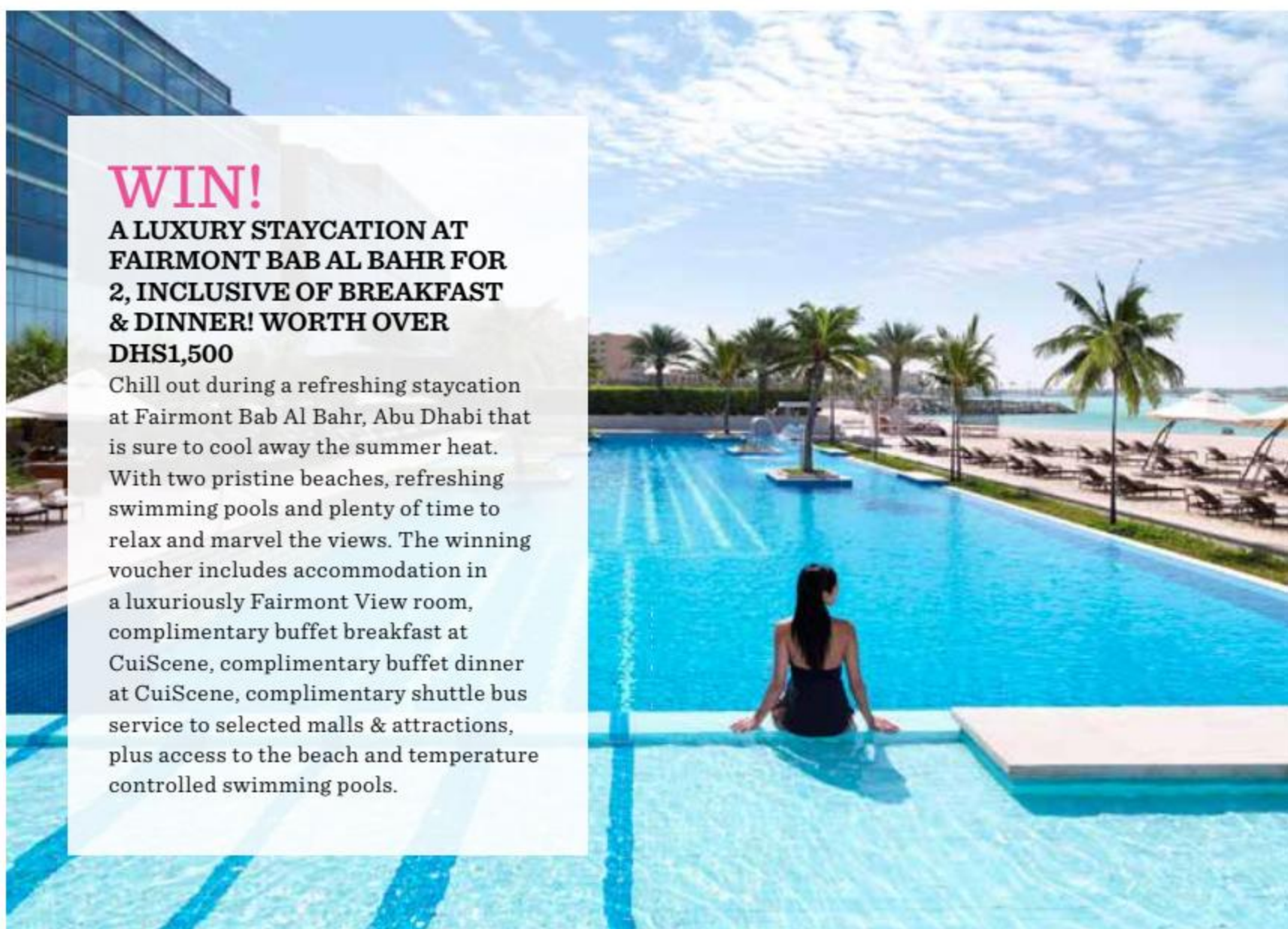
Introducing an eclectic menu of contemporary Japanese dishes and breathtaking views across two spectacular terraces, rooftop restaurant Paru at Caesars Resort Bluewaters Dubai offers guests something unique – a buzzing bar, chilled out lounge and modern restaurant all in one slickly-designed space.



WIN!

LUNCH OR DINNER FOR 2 AT BAB AL MANSOUR, THE BOULEVARD! WORTH DHS500

Win a lunch or dinner for two people at one of the trendiest Moroccan restaurants in Dubai at Bab Al Mansour and enjoy famous Moroccan dishes with the sumptuous variety of authentic flavours and spices.



WIN!

A LUXURY STAYCATION AT FAIRMONT BAB AL BAHR FOR 2, INCLUSIVE OF BREAKFAST & DINNER! WORTH OVER DHS1,500

Chill out during a refreshing staycation at Fairmont Bab Al Bahr, Abu Dhabi that is sure to cool away the summer heat. With two pristine beaches, refreshing swimming pools and plenty of time to relax and marvel the views. The winning voucher includes accommodation in a luxuriously Fairmont View room, complimentary buffet breakfast at CuiScene, complimentary buffet dinner at CuiScene, complimentary shuttle bus service to selected malls & attractions, plus access to the beach and temperature controlled swimming pools.



WIN!

AN ALL-OUT FRIDAY BRUNCH FOR 2 WITH HOUSE BEVERAGES AT AMWAJ ROTANA, JBR! WORTH OVER DHS500

The colours of summer come to life at Amwaj Rotana's All-Out Friday Brunch at Rosso and Benihana restaurant. Savour a big, bold, beautiful spread of the award-winning cuisine of Rosso, Horizon, JB's and Benihana. At brunch, each plate is tinted with the beaming light of summer and the warmth of a hearty meal.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

UAE RESIDENT PROMOTION

100% MONEY BACK GUARANTEE

Sip and dine at JA The Resort this summer and get the value of your meal back to spend again on your next visit.


Enjoy the finest culinary creations at the following participating restaurants: White Orchid, Shooters, Divaz, Sports Cafe, Captain's Restaurant, Anchor Restaurant and La Fontana.

*For bookings or more information, please call 04 814 5604
or email restaurant.reservation@jaresorts.com*

*Offer valid from 1st May to 30th September.
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